MAN SURVIVES NIAGARA FALLS PLUNGE, PG6

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VANCOUVER • THURSDAY, MARCH 12, 2009 metronews.ca

Celebrity pg 22

U.K.'s Brand too busy for Pirates' turn

Games transit plan 'business unusual'

650 city blocks to be impacted during Olympics

JEFF HODSON
jeff.hodson@metronews.ca

People should walk, bike and use public transit during the 2010 Games, Olympic organizers said yesterday as they unveiled their plan to reduce the number of vehicles on Vancouver streets by 30 to 40 per cent.

The transportation plan includes road closures, parking and turning restrictions, pedestrian malls and dedicated Olympic lanes that will impact a minimum of 650 city blocks and reduce road capacity in the downtown peninsula by 20 per cent.

See Page 3 for affected streets.

Vancouver city manager Penny Ballem said transportation during the Games would not be business as usual, but rather, "business unusual."

The 2010 Winter Olympics will be the largest event in the city's history — the equivalent to hosting a Super Bowl a day for 17 days.

Organizers have to shuffle more than 5,000 athletes and officials, 10,000 media, 55,000 workers and about 200,000 spectators between 65 venues, sites and facilities — all the while juggling the needs of residents and businesses.

"Athletes have come here to compete, not to commute," Ballem said.

The plan, which is about 80 per cent complete, includes dedicated "Olympic lanes" on major arterial routes such as Hastings and Cambie streets.

Certain Downtown streets, like Granville and Robson streets, will be turned into pedestrian-only thoroughfares, while others, like Pacific Boulevard, will be closed for security reasons. Parking and turning restrictions that are normally reserved for rush hour will be in place 24 hours a day.

The transportation plan will encourage the use of transit through a Know Before You Go public-relations campaign.

TransLink will offer a souvenir two-month transit pass during the Games and while there is no spectator parking at venues, Olympic tickets include free transit use.

Organizers hope the increase in transit use (an estimated 230,000 new transit trips per day) will convert car drivers to transit riders and be a lasting legacy of the Games.

VANCOUVER 2010 Games

Clear roads

- A free, modern streetcar will link the Olympic Village Canada Line Station to Granville Island. The line will cost the city $8.5 million in track upgrades and Bombardier will fund its operation to demonstrate modern streetcar technology.
- There will be no spectator parking in Whistler and a checkpoint north of Squamish will turn back non-resident motorists to keep Whistler's streets open.

ShareYourViews
vancouverletters@metronews.ca

Former student kills 15 in German shootings

GERMANY A 17-year-old killed 15 people in southwest Germany yesterday in a shooting spree that started at his former school.

The gunman, identified as Tim Kretschmer, entered the school in the town of Winnenden at about 9:30 a.m. and began firing with a 9-mm Beretta pistol at students in a classroom. He killed nine students, including eight teenage girls, and three women teachers, as well as one person in front of a clinic near the school. He also killed two men in a car dealership.

The gunman died hours later in a shootout, in which police say he shot himself.

REUTERS

MORE COVERAGE, PG 7

Paris Chloe

PASCAL ROSSIGNOL/REUTERS

A model presents a creation by British designer Hannah MacGibbon for French fashion house Chloe as part of their fall/winter 2009/10 women's ready-to-wear collection yesterday during Paris Fashion Week. Coverage, pg 17

New sponsors keep Celebration of Light alive

FIREWORKS The fire will be lit over Vancouver skies this summer once again.

New sponsors are providing the fuel needed to resurrect the HSBC Celebration of Light after organizers announced on Feb. 4 that due to a lack of funding the fireworks festival had been extinguished after 18 years.

Restaurant chain The Keg, radio station Shore FM and the Edgewater Casino are all pitching a total of roughly $400,000 to keep the pyro-musical event going over the skies of English Bay.

The festival will run July 22, 25, 29 and Aug. 1 and is expected to attract between 1.2 and 1.5 million people.

DOMINIQUE ARMAND/FOR METRO VANCOUVER

Please recycle

Riding **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Food
- **We serve up some local meals for a steal, pg 18**

Comment and Views
- **Georgie Binks tackles love in a recession, pg 8**

Tomorrow
- **Some film suggestions to take your mind off financial problems.**

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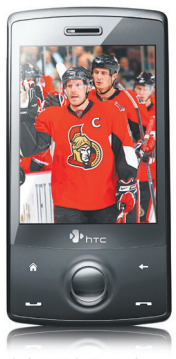

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3G BlackBerry® Pearl™ 8130 smartphone

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RICHMOND
Aberdeen Centre
Blundell Centre
Richmond Centre
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1008 West Georgia St.
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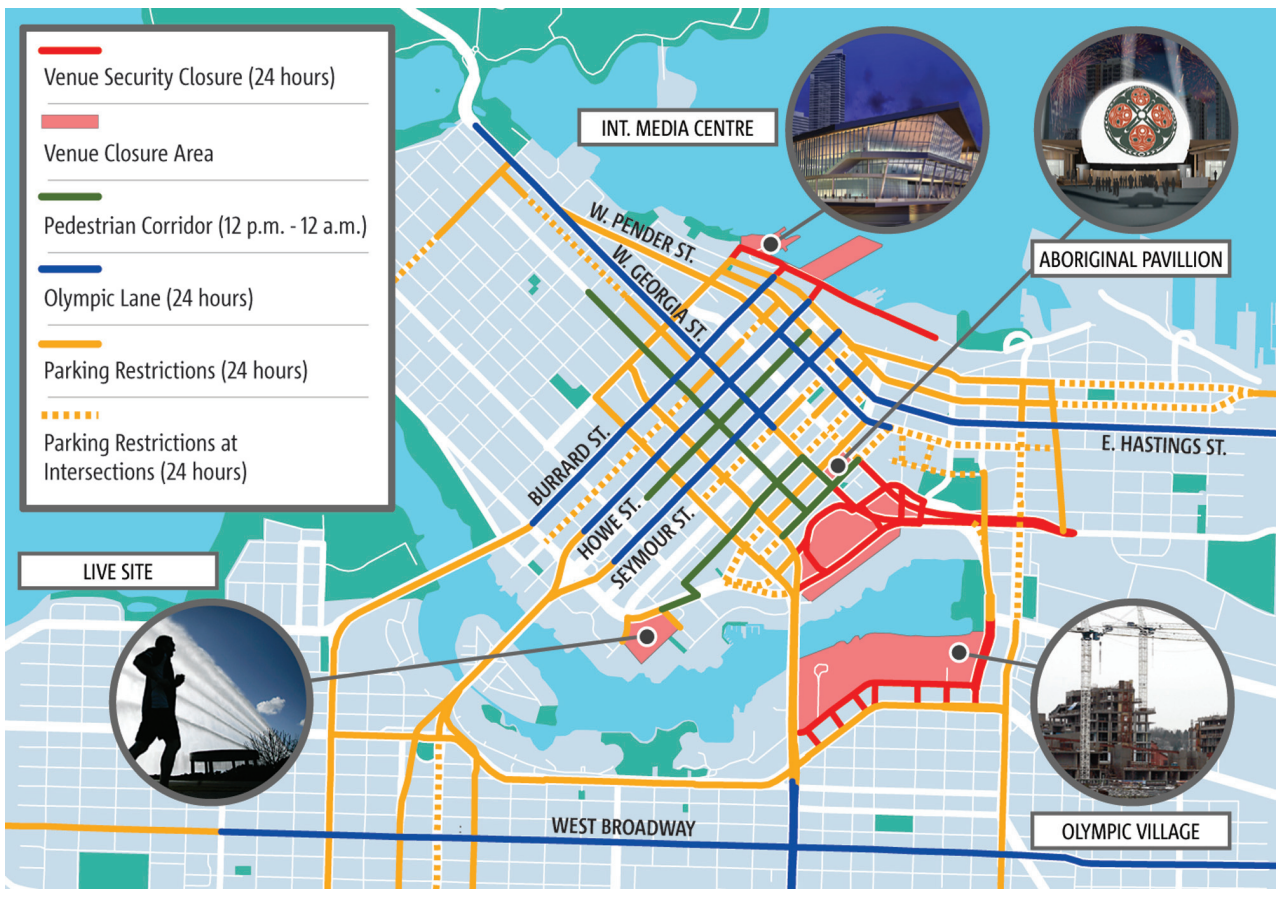
Pink pin to raise breast cancer money
A jewelry designer who is a BCIT student and a breast cancer survivor unveiled her design for a new pink diamond-encrusted pin in Vancouver yesterday. Eight pins shaped like the breast cancer ribbon will be sold to raise money for breast cancer research. The first pin, which is valued at $6,800, will be donated by Carats.com. METRO VANCOUVER

Local

Bublé heads to B.C. Hall of Fame

Burnaby crooner Michael Bublé, left, is one of 10 people set to have their names imbedded into the sidewalk along Granville Street. The entertainers, who also include Fanny Kiefer — the first Vancouver woman to have her own radio talk show — will be inducted into the B.C. Hall of Fame on April 19. METRO VANCOUVER

Where you can (and can't) go



VANCOUVER 2010 **Games**

People living and working in Vancouver during the 2010 Games will face a number of road closures, parking restrictions and dedicated Olympic Lanes, particularly in downtown Vancouver. Among them:

• Olympic lanes (blue): The dedicated 24-hour-a-day lanes will be similar to high-occupancy vehicle lanes, but will be restricted to accredited Olympic and transit use. The lanes will connect Olympic venues with the Olympic Village and the airport. In all, 170 blocks will be affected.

• Security closures (red): Roads near venues, the Olympic Village and the International Media Centre will be closed by security planners for the duration of the Games.

• Pedestrian corridors (green): These thoroughfares that will be in effect between noon and midnight aim to make it safe, fun and easy to walk between venues and celebration sites. The corridors will affect 32 blocks.

• Parking restrictions and turning restrictions (yellow): Existing rush-hour restrictions will be in place 24 hours a day. In some areas, new parking restrictions will be added.

JEFF HODSON/METRO VANCOUVER

metronews.ca
What's online today.

Video A Manitoba man whose murder conviction was overturned fights to clear his name at **metronews.ca/canada**

Lotteries

Lotto 6/49	2, 18, 20, 23, 24 & 48 Bonus 30
BC 49	5, 8, 9, 24, 27 & 39 Bonus 22
Extra	6, 64, 69, 86

These results are not official.

Biathletes wrap up nude calendar sales

Five of Canada's top female biathletes are selling the last of their nude calendars at the Biathlon World Cup in Whistler. Proceeds from sales of the calendars have generated about $125,000. **METRO VANCOUVER**

Sweet for suites in Surrey

SAM SMITH
for Metro Vancouver

Surrey is turning into one suite place.

According to a report released yesterday by the Real Estate Investment Network (REIN), B.C.'s fastest growing city is a buyer's dream.

"It's such a large area that it has every type of housing and every demographic," said REIN president Don Campbell. "As a homeowner or an investor, there's a plethora of choices available."

Between 2006 and 2008, Surrey reported an increase in residential construction spending of more than $193 million to just more than $1 billion.

And despite rising gang activity in the area, Campbell said he believes investments there are safe choices.

"We're looking out five to seven years, (gang) problems are one of those short-term issues that will get cleaned up," he said.

Projects in that time period include the four-lane South Fraser Perimeter Road coming from Delta and the new Golden Ears Bridge in Langley.

According to Campbell, this will help unclog the Port Mann Bridge, allowing Surrey to be more easily accessible. "Right now it's kind of stuffed up."

B.C.'s top real-estate investments

- 1. Surrey
- 2. Maple Ridge and Pitt Meadows
- 3. Abbostford
- 4. Kamloops
- 5. Dawson Creek

Lesbians at greater risk for developing cancer: Expert

KRISTEN THOMPSON
kristen.thompson@metronews.ca

SEMINAR The B.C. Cancer Agency is hosting an education forum in Vancouver specifically for lesbians, who experts say are more at risk for cancer than heterosexual women.

The free event, Living The Dolce Vita In Comfortable Shoes, takes place on Saturday and will focus on cancer prevention tips such as diet and nutrition, and breaking down myths about cancer screening.

Sarah Sample, a clinical social worker with the agency, said lesbians are often guarded about the information they share with their doctors.

"They are less likely to have a regular GP and more likely to not go to the doctor," said Sample. "Therefore … they're less likely to go for regular mammograms and cervical cancer screening."

She added that lesbians are also at greater risk because they are less likely to give birth than heterosexual women and tend to have a higher body mass index.

"Although social attitudes have begun to change, there (are) some health disparities in terms of homophobic attitudes, so lesbians are less likely to (participate) in a system that's possibly unsafe for them," said Sample.

She said Saturday's forum will provide a safe environment for women to gather and talk about cancer without the fear of judgment or discrimination.

Where and when

- The event runs from 8 a.m. to 11:30 a.m. at the B.C. Cancer Agency Research Centre, 675 West 10th Avenue.
- For more information call 604-877-6000 extension 2194.

CelticFest **Shamelessly Irish**

KRISTEN THOMPSON/METRO VANCOUVER

Shameless the leprechaun drops some gold at the launch of CelticFest yesterday. The week-long celebration peaks on Sunday when about 300,000 people are expected on sidewalks along West Georgia Street for the St. Patrick's Day Parade.

One year until Paralympics

VANCOUVER 2010 **Games**

JEFF HODSON
jeff.hodson@metronews.ca

SPORTS EVENT Two weeks after the end of the 2010 Olympics, Vancouver will welcome the world again — one year from today — with the start of the 2010 Paralympic Games.

"It's exciting," said Dena Coward, VANOC's director of the Paralympic Games. "It's smaller in scale than the Olympics, but the athletes train just as hard and the competition is just as good."

To mark today's one-year countdown, the Paralympic Flag will be raised on Parliament Hill in Ottawa.

In Whistler, Paralympic skiers are hosting an après ski and in Vancouver, Paralympic mascot Sumi will hand out cupcakes at the Olympic countdown clock between 11:30 a.m. and 1 p.m.

Coward said recent events like the Hockey Canada sledge hockey tournament have raised the profile of Paralympic sports and he hopes people will check them out.

Tickets for sporting events will go on sale in May on a first-come, first-served basis.

More to come

- Details about the Paralympic torch relay will be announced in late summer.

News in brief

GM PLACE Canucks fans will not have to go without burgers or hockey if food service workers at GM Place go on strike. Aramark, the workers' employer, said food will still be served but the selection will be limited. And according to Unite Here Local 40, the union representing the workers, possible picketing will not interfere with players, performers or keep patrons from entering the arena.

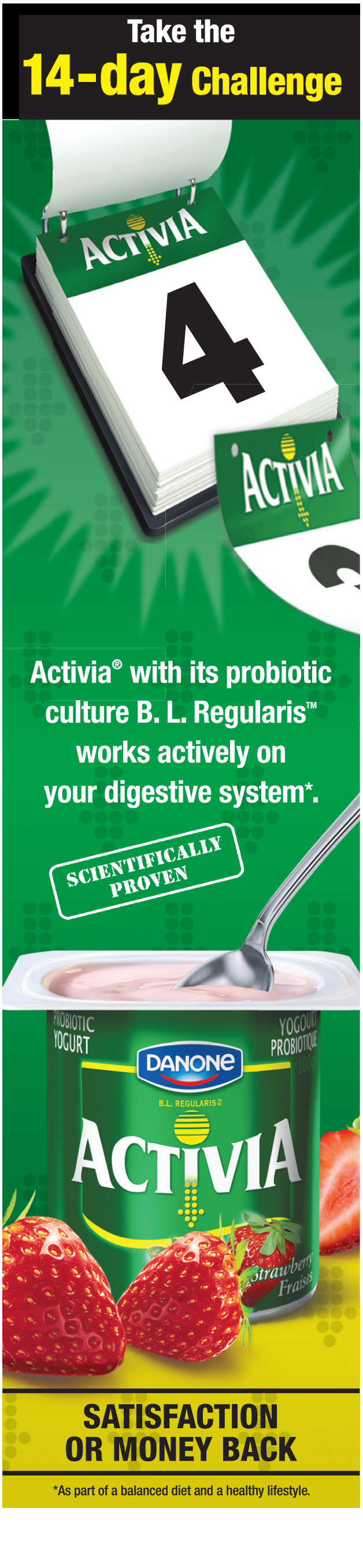
TEDDY The City of Vancouver was "honoured" with a Teddy Award for the "2010 Olympic athletes village fiasco." The Canadian Taxpayers Federation gave Vancouver the government waste award yesterday for taking over the $875-million Olympic Village debt.

DEATH A Surrey man who police identified by releasing a photo of his tattoos to the media has died of injuries suffered in a shooting. Steven Nicholas Dodd, 27, died on March 6, the RCMP announced to the media yesterday. Photos of the man's tattoos were released after police were unable to identify him by conventional means.

COURTS Former Victoria investment adviser Ian Gregory Thow will be in Vancouver today for his bail hearing, CBC News Online reports. The 47-year-old allegedly scammed investors out of thousands of dollars.

ASSAULT A man believed to be an associate of the Bacon Brothers is in serious condition in hospital after being beaten with a sledgehammer, news1130.com reports. Tyler Willock is believed to be the target of a shooting in Surrey last month involving members of the UN Gang.

METRO NEWS SERVICES



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Roll-up-the-rim prizes distributed unevenly

While more than 52 per cent of Tim Hortons' roll-up-the-rim cups will be sold in Ontario, only about 43 per cent of the car-winning cups will be sold there. The regions of Quebec, British Columbia and Atlantic Canada each get one car-winning cup more than they would if the prizes were distributed based on overall cup sales. **TORSTAR NEWS SERVICE**

Canada

Transat posts $29M loss

Transat AT Inc., parent company of Air Transat, said yesterday it sold more travel packages, but increased competition led to lower prices and smaller margins from its North American operations, helping push the Canadian holiday travel company to a first-quarter loss of $29.4 million. REUTERS

Harper stays upbeat, despite gloomy news

ECONOMY Keeping up campaign-style attacks against the Conservatives' opponents, Prime Minister Stephen Harper sought yesterday to maintain his upbeat view of the economy in the wake of an International Monetary Fund report saying Canada's business environment will get worse before it gets better.

A day after Harper told Canadians to hold their heads high over their economy, the Washington, D.C.-based IMF said Canada is in better shape than some countries, but its economy will continue to decline because of the global recession.

"Looking ahead, output is likely to contract significantly in the near term," an analysis by the respected 185-nation agency said.

Exports, the lifeblood of the Canadian economy, are likely to shrink further. That, coupled with soft prices for oil and other commodities, will probably hurt employment and earnings in Canada, the IMF said.

But the agency said the economy will bounce back once Canada feels the "full effects" of the Harper government's two-year, $35-billion stimulus package and the lower interest rates brought about by the Bank of Canada.

NDP Leader Jack Layton said the economic evidence shows Harper is trying to get Canadians to wear "rose-coloured glasses."

TORSTAR NEWS SERVICE

Man survives Niagara fall

Just second person to live through unaided, intentional plunge

An American man survived a fall over Niagara's Horseshoe Falls and became just the second person to live through an unaided and intentional plunge over the massive cataract, Canadian police said yesterday.

Around mid-afternoon, police said they received a call from a tourist who saw a man climb over a retaining wall and jump into the Niagara River before being swept over the roaring 51-metre waterfall.

"All indications at this point in the investigation lead us to believe that he did so on of his own accord and it was of that nature," said a spokesperson for the Niagara Parks Police.

The man was being treated in a Niagara Falls, Ont., hospital and police said an investigation was under way.

The Horseshoe Falls, one of the world's most popular tourist attractions, sends about 2.5 million litres of water over its edge per second. It is one of two massive waterfalls, along with the American Falls, that span the the U.S.-Canada border.

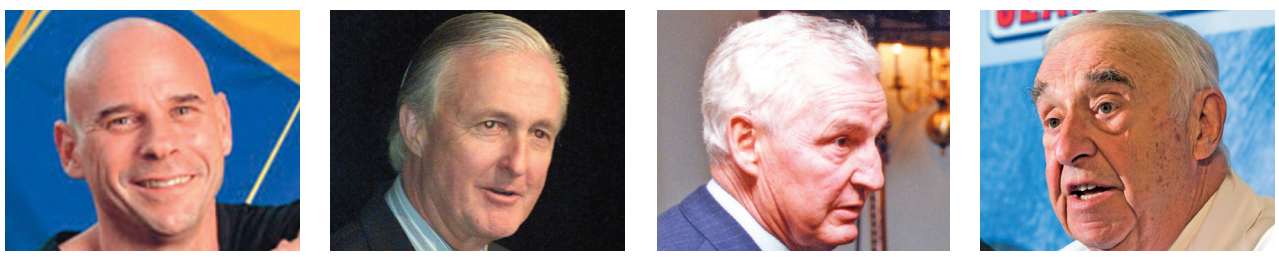
Decades ago, daredevils would tempt fate and go over the Horseshoe Falls in barrels or other protective devices — often without much luck. That is now an illegal stunt that can result in a fine or jail time.

In 2003, another U.S. tourist survived an unaided plunge over the Horseshoe Falls in an attempt at suicide.

A young boy also survived a fall over the cataract in 1960 after the boat he was in capsized. **REUTERS**

Daring rescue

- A helicopter was used to create a current that took him to near the shore. Rescue workers in a boat then plucked him from the water.
- Niagara Parks Police said the man had severe hypothermia, a large wound to his head and the force of the water ripped off his clothes. **CBC NEWS ONLINE**



Wealthy Canadians Guy Laliberte, from left, Galen Weston, Jean Coutu and Paul Desmarais. Most billionaires have taken a big hit to their personal wealth due to the global recession. Laliberte is one of only 44 billionaires in the world to see their personal wealth grow in the last year. Coutu, worth $1.4 billion last year, is one of five Canadians to fall off the list of the world's billionaires.

Billionaires not immune to economic crisis

ECONOMY Amid a global recession, the world's billionaires have been shorn of shockingly huge chunks of their net worth, while others are no longer billionaires at all. And the few Canadians among them have not been spared.

According to Forbes magazine, which unveiled its annual compilation of billionaires last night, 355 of the world's ultra-rich dropped off the rarefied list, including four from Canada and media mogul Ted Rogers, who died last year.

It's the first time since 2003 that the number of billionaires shrank.

There are 793 billionaires in the world, compared with 1,125 last year. In Canada, where there were 25 in 2008, just 20 remain, and they lost a collective $29.4 billion.

Topping Canada's list this year was the Thomson family, involved in media ventures and information distribution company Thomson Reuters, with a net worth of $13 billion, significantly down from last years estimate of $18.9 billion.

Next is Galen Weston of food giants George Weston Ltd. and Loblaw Co. Ltd., with a net worth of $5 billion. That's down from last year's total of $7 billion. The Irving family of Saint John, N.B., owners of oil, forestry and newspaper companies, came in third at $3.9 billion, down from $6.7 billion.

Montreal's Paul Desmarais, head of Power Corp., and Guy Laliberté, founder and owner of the famous Cirque du Soleil, rounded out the top five.

Laliberté was one of just 44 in the world whose net worth increased in the last year. **TORSTAR NEWS SERVICE**

Stock collapse

- The list of billionaires shrunk because most, like Jean Coutu who fell off the list, have their wealth tied up in the plummeting stock markets.

New trial ordered in 1990 slaying

MANITOBA Nearly 20 years after the shocking murder of a teenage girl at a rock concert in rural Manitoba, Canada's justice minister has all but admitted the victim's former high school acquaintance was wrongly convicted of the crime.

"I am satisfied there is a reasonable basis to conclude that a miscarriage of justice likely occurred," Justice Minister Rob Nicholson said yesterday in ordering a new trial for Kyle Unger.

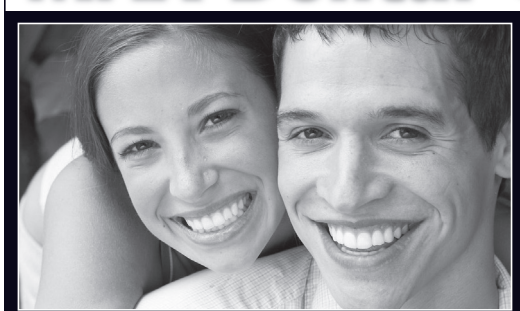
Unger, 38, was convicted of first-degree murder in 1992 in connection with the death of Brigitte Grenier, 16, who was sexually assaulted, beaten, strangled, bitten and impaled with sticks after attending a concert at a ski resort near Roseisle, a hamlet in south central Manitoba, on June 23, 1990. Her body was found the next day in a creek.

Fourteen years after Unger was sent to penitentiary, DNA tests proved a hair found on a sweatshirt worn by Grenier the night she died did not come from Unger, contradicting testimony from an RCMP hair analyst who told the jury it was "consistent" with the convicted man's hair.

The tests were performed in conjunction with a review of old murder cases ordered by the Manitoba government.

TORSTAR NEWS SERVICE

MAX Dental @ Yaletown



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90 Smithe Street **604.609.2020** www.yaletowndentists.com

News in brief

TIME CHANGE Be extra careful on the roads this week. The Insurance Corporation of British Columbia studied data from 2003 to 2007 and found an average of 700 crash incidents on the Monday following the switch to daylight saving time, compared with 650 the Monday before — an increase of seven per cent.

TORSTAR NEWS SERVICE

Teach English to Children in Japan!

Amity Corporation is a leader in the field of children's English education in Japan. We offer exciting opportunities to enthusiastic, professional, native English speakers who hold a Bachelor's degree (in any subject) and enjoy working with children.

INTERVIEW IN SEATTLE ON SATURDAY, MAY 2, 2009
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Peking Man might be older, experts say
A new and more accurate dating method shows Peking Man may be 200,000 years older than what experts previously thought, researchers in China said. REUTERS

World

Shooter likely used dad's gun

German Chancellor Angela Merkel called yesterday a day of mourning for all of Germany after a teen gunned down 15 in an attack that began at his former school.

"It is unimaginable that in just seconds, pupils and teachers were killed — it is an appalling crime,"she told reporters in Berlin.

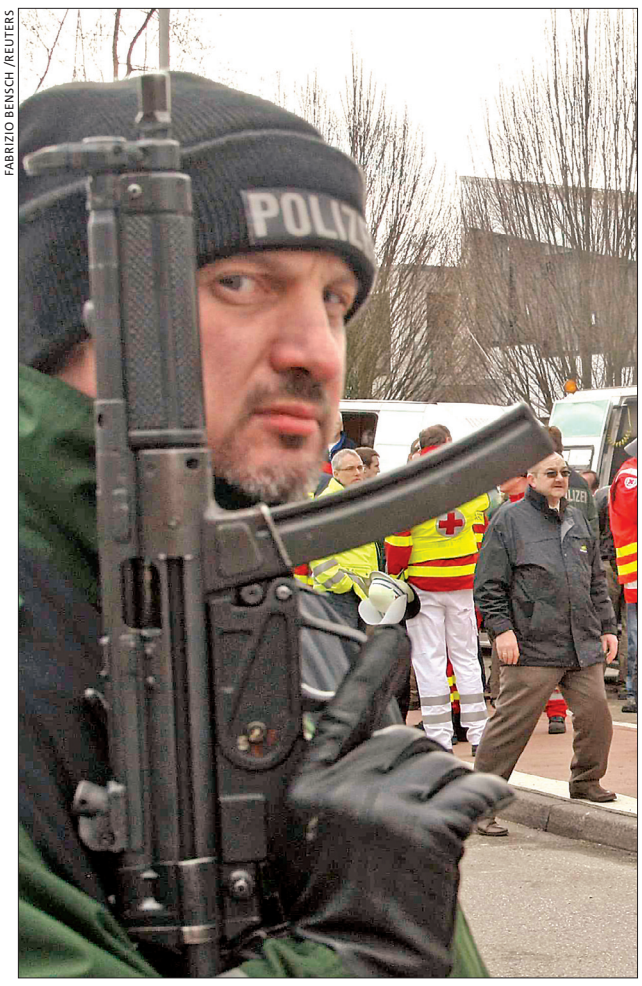
Seventeen-year-old Tim Kretschmer killed nine students, three teachers, three bystanders and got into a shoot-out with police before police believe he took his own life with a bullet.

Germany has strict laws which require gun-holders to fulfil criteria on age and weapons expertise to obtain a firearms licence.

Police said the gunman had apparently used a gun registered to his father, who belongs to a shooting club and had a collection of 15 guns at home.

The killer took the one gun that was not locked up, but kept in his father's bedroom. Large amounts of ammunition were also missing from the family home. REUTERS

FABRIZIO BENSCH /REUTERS



Police and paramedics gather outside a school in southwest Germany where a gunman killed nine students and three teachers yesterday. Sixteen died in total, including the teenage shooter.

Motive unclear in U.S. shootings

ALABAMA Authorities grappled yesterday for the reason a 27-year-old Alabama man shot dead 10 people, including his mother, before killing himself after a gun battle with police and a car chase down a rural highway.

Michael McLendon, who lived with his mother, killed five of his victims in Tuesday's shooting spree at a mobile home in Samson, in southeastern Alabama, according to a local coroner and Wynnton Melton, mayor of nearby Geneva.

The victims at the mobile home included the wife of a local deputy sheriff and her child. He also killed two people at a convenience store and a man in a pickup truck who died during a car chase as McLendon apparently fired at random, said Melton.

"We sent 11 bodies to Montgomery (the state capital)," said Robert Preachers, the coroner in neighbouring Coffee County who said he knew most of the victims including the killer.

"He (McLendon) was a nice quiet kid, no trouble. He was always polite and nice," Preachers said.

Asked about a possible motive behind the shooting spree, Preachers said: "He carried it with him to the grave."

REUTERS

Dalai Lama urges common sense

SERMON A day after he slammed China for causing untold suffering in Tibet, the Dalai Lama yesterday said he still believed the future was bright and hoped the Chinese leadership would use more common sense.

The 73-year-old spiritual leader, who had previously lamented that Tibet had become a "hell on earth," said he was cheered by signs of support among the Chinese people.

REUTERS

News in brief

TURMOIL Pakistani authorities banned protests and rounded up hundreds of activists yesterday, a day before a rally by lawyers and opposition parties that could destabilize a fragile, year-old government.

REUTERS

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Comment & Views

Comment

A stink-eye view of 'I do'

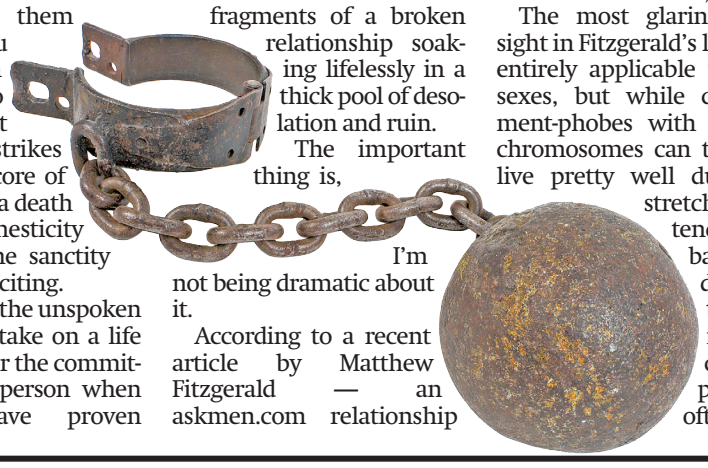
Relating

Andrea Woo
metronews.ca

There is a quaintness to the idea of settling down — getting married, breeding little humans and feeding them things you cooked with your own two hands — but at present, it strikes fear into the core of my being, like a death grip of domesticity threatening the sanctity of all things exciting.

Perhaps it is the unspoken agreement to take on a life more muted, or the commitment to one person when emotions have proven themselves fleeting and relationships can go sideways by sundown. Perhaps it's the utter selflessness required to be a good wife and mother, or the terror of molding another human being from infancy through adolescence, hoping the final product isn't some warped creation I'd rather not put my name to.

Maybe it's the sheer horror of putting one's heart on the line only to have it be smashed to smithereens, fragments of a broken relationship soaking lifelessly in a thick pool of desolation and ruin.



The important thing is, I'm not being dramatic about it.

According to a recent article by Matthew Fitzgerald — an askmen.com relationship columnist and author of the completely unbiased and sophisticatedly titled Sex-Ploytation: How Women Use Their Bodies and Extort Money from Men — men fear commitment for reasons such as: "We've been burned before," "no more freedom" and "the emotional baggage."

(There were probably more, but the tedium of it all lulled me into a deep and immediate slumber.)

The most glaring oversight in Fitzgerald's list is it's entirely applicable to both sexes, but while commitment-phobes with the XY chromosomes can typically live pretty well during a stretch of extended bachelordom, their female counterparts are often presented with a secondary set of worries.

These include a smaller window of fertility for those who want children and everything from the social stigma of being a single, middle-age woman to some very tangible disparities that affect quality of life. (Women in Canada, for example, earn just 70 per cent of what men do and can struggle financially remaining unhitched.)

So while there's no shortage of women who "look at marriage through Cinderella eyes," as Fitzgerald so astutely states, it should also be noted there is no shortage of those who view it with a pronounced stink-eye.

In a chilly world frosted with uncertainty, men aren't the only ones with cold feet.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

MICHAEL DE ADDER

Views

You can't budget love, bad economy or not

ModernLife

Georgie Binks
metronews.ca

"Couples may find things a lot more romantic if they have to start creating their own romance."

Imagine this — a van idles nearby Toronto's boardwalk. Inside, a tiny lantern glows with candlelight, a homemade CD of romantic tunes fills the air as two people slurp takeout ravioli and gaze lovingly at each other. After dinner, they stroll the frozen beach dipping their boots into the lake. The rest of the world is dressed up in its loveliest finery eating fancy food, but the financially challenged are enjoying the inexpensive, but romantic "car party."

Should romance suffer just because your wallet is light? In fact, couples may find things a lot more romantic if they have to start creating their own romance. After all, big spending doesn't equal great love. In fact, when money starts to disappear the inventive spirit kicks in. Romantic picnics in front of the fireplace, walks in the moonlight, breakfast in bed, all beat food with weird names served by out-of-work actors every time.

With that in mind, you'd hope the princesses of romance, this year's prospective brides, would be crocheting romantic table centrepieces and engraving their own invitations to save some money. Surprisingly, in a Wedding Bells magazine survey released earlier this month, 62 per cent of brides refused to compromise on reception catering, while 46 per cent weren't budging on the dress or the honeymoon. Those ladies are also heading into talks with the government about the auto industry's future later this month. My parents had a tiny wedding, no engagement ring, bed-and-breakfast honeymoon and will celebrate their 60th wedding anniversary this year.

Money won't buy romance and if you've ever been through a divorce, you'll know arguing over it can sure kill memories of it fast. Hoping it might find you some new romance? Well, good luck. Naïve visitors to Internet dating sites in their earliest incarnation quickly learned big dinner/roses dates were a dud, after a series of one-night dinner stands. Potential suitors soon switched to coffee dates. It's more likely you'll have romance with your garage mechanic during that next oil change.

For free, why not create your own romantic moments with the garage mechanic? Replace that expensive dinner date out with your childhood fave "Birthday Party casserole" served on a tray attached to Scruffy? Instead of expensive concerts, borrow your kid's Guitar Hero for romantic music. Pull out your high school poetry. Gaze at the stars.

OK, I'm out. Now that I think of it, I hope this recession ends fast. A girl can only create so much homemade romance.

Riding the Recession

Georgie Binks is a Toronto freelance writer who has written about gender and relationships for CBC.ca, Elle, Chatelaine and Homemakers; georgiebinks@rogers.com.

Letters

Objection to Li ruling

The family of a man who was beheaded on a Greyhound bus says his killer is "getting away with murder." I totally agree.

Vince Li committed the act, but the court ruled Li did not appreciate the act he committed was morally wrong.

Do we as a Canadian society care about what this monster appreciates?

Let us as a society care for the brokenhearted family and for safe public spaces.

SUSANNE TREICHEL, MISSISSAUGA

Adopt from animal shelters, not puppy breeders

Re: Beware bad breeders (March 6-8).

While I sympathize with Michelle Dean's puppy tribulations, and strongly admire her for staying the course, people looking for a companion animal might do well to check their local animal shelter.

Rather than patronizing a pet store or breeder, adopting one of these shelter animals can literally save that animal's life.

Shelters usually even have a selection of purebreds, if that's what you're looking for.

MICHAEL HAYWARD, TORONTO

Canadians are peacekeepers

Re: Canada to acquire attack drones: General (March 5).

The federal government has plans for a $500-million defence program to purchase the next generation of armed unmanned aircraft.

These would be similar to the U.S. Predator, pilotless planes that killed innocents as well as insurgents in Pakistan, through Hellfire missile strikes.

For decades, Canada was the world's number one provider of peacekeeping soldiers to the United Nations. But today, Canada's contribution is fewer than 100 soldiers.

What role do we want our military to play in the world? Is spending half a billion dollars on "killer drones" the best use of taxpayers' money? For those proud of Canada's peacekeeping tradition, the answer is a resounding no.

LARRY KAZDAN, VANCOUVER

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Apple rolls out smaller, talking iPod Shuffle

Apple Inc. introduced a smaller version of its iPod Shuffle music player yesterday with a new feature that tells the user what song is playing. The new VoiceOver feature announces songs and playlists to users in 14 different languages, according to Apple, whose shares rose 4.5 per cent. **REUTERS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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AIR CANADA

IMF warns of trouble for Canada

Canada's economic output "is likely to contract significantly in the near term" before recovering as government stimulus starts to gain traction, the International Monetary Fund warned yesterday.

Canada is "better placed than many countries to weather the global financial turbulence," the IMF said, citing the country's low debt-to-GDP ratio, stable banking system and the fiscal stimulus in the federal budget.

But the IMF also warned "downside risks predominate, including negative spillovers if the global environment worsens more than expected."

"Downside risks predominate, including negative spillovers if the global environment worsens more than expected."
IMF

The IMF said it will probably cut its economic forecast for Canada. Its most recent projection sees the Canadian economy shrinking by 1.2 per cent this year before rebounding by 1.6 per cent in 2010.

TORSTAR NEWS SERVICE

GM workers vote for concessions

AUTOS Facing a dim future and the prospect of closure, General Motors workers in Canada have overwhelmingly accepted concessions that will freeze their wages and increase the costs of benefits until 2012.

Eighty-seven per cent of production and skilled workers at GM operations in Oshawa, St. Catharines, Woodstock and Windsor, Ont., voted yesterday and Tuesday in favour of extensive concessions to their existing contracts that will reduce labour costs for the automaker.

GM needs savings in labour costs as part of a restructuring plan so it can qualify for more than $6 billion in government loans. **TORSTAR NEWS SERVICE**

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Did your adviser lead you astray?

So, how do you know you're getting good advice about your investments?

Here are some warning signs that you might be paying more and getting less than you should be.

- Your adviser suggests borrowing money as a way to fatten your nest egg, but doesn't talk about the risks of leverage in a falling market.
- Your adviser urges you to keep the bulk of your assets in the stock market, no matter what your age and stage of life.
- Your adviser suggests using income trusts to pay for your living expenses in retirement, failing to say that distributions can be suspended at any time.

Lillian and Donald (not their real names) are a retired couple in their mid-60s. They had an adviser who did all this and more: He also switched firms and pushed them to move with him.

"Right now, our portfolio hovers around $200,000 — should be at $400,000," says Donald.

> **"Right now, our portfolio hovers around $200,000 — should be at $400,000."**
> Donald, retiree, who filed a complaint against his adviser

"We can't decide whether to take our losses on the stocks that we hold and move into 'winners.' Or will the existing ones improve if the market comes back in the next little while?"

Donald told me about the income trusts favoured by his investment adviser.

Advantage Energy Income Fund units were trading at $12.41 two years ago, but are now $4.62. Distributions have fallen from 15 cents to eight cents in that period.

Another of his investments, Tree Island Wire Income Fund, based in Vancouver, makes products for the housing market. It suspended cash distributions last month because of steel price devaluation.

Ombudsman for Banking Services and Investments (OBSI) is a national dispute resolution service — where people go when they feel their adviser has handled their portfolio poorly.

"We bought units in the $15 range and they have not seen $15 since," he says. "After the announcement, they crashed to the $1 range.

"We're holding 4,000 units of Tree Island Wire, so you can figure out the math pretty quickly: 4,000 times $14 means $56,000 gone."

The couple complained to both firms that had employed the investment adviser, but didn't get anywhere.

They appealed to the Ombudsman for Banking Services and Investments (OBSI), a national dispute resolution service, and were offered $15,000 to settle the case.

While they wanted more compensation, they didn't have enough money to hire a lawyer and keep fighting.

Surprisingly, the OBSI settlement came from the adviser's current employer — not the firm he was at when he sold them the losing securities.

That's because they were making money in the early years of their relationship with the adviser, even though they had an unsuitable portfolio for their needs.

"If there's no loss, there's no recommendation for compensation," says Rob Paddick, senior deputy ombudsman.

OBSI, established in 1996, is free to consumers. Funding is provided by a levy on all participating member firms.

Paddick says he calculates investment losses by setting up an imaginary portfolio that would be suitable for a client's needs, using market indexes. Then, he compares the sensible portfolio's performance with the actual portfolio they had.

"The goal is to put you back to where you should have been, if this had been followed," Paddick says.

OBSI's annual report for 2008, released last week, showed its caseload went up 43 per cent from 2007. More than half the investigations opened were about investment issues — and the largest category was suitability. Suitability complaints are prevalent because of low levels of financial literacy among Canadians and a growing complexity of financial products.

TORSTAR NEWS SERVICES

Next week

- Check the Your Money section in Monday's Metro for a followup on this story — how to file a complaint if you received bad advice from an adviser.

From France to Burkina Faso.
From Quebec to Cameroon to Cambodia.
From Martinique to Mauritania to
Madagascar and Mauritius.
The francophone community is as
diverse in its origins as the society of
British Columbia as a whole.
We've come from around the world to
make our way in the world.
Here. In British Columbia.

From around the world to right around the corner.

SOMETHING NEW?

Nope. Francophones have been in B.C. since 1793, when six of us accompanied Alexander Mackenzie, the first European to make it over the Rockies. And we kept coming. By 1850, more than 60% of British Columbia residents of European descent were French-speaking. Today, you'll find francophones the length and breadth of the province.

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Canada eliminated in U-20 soccer

Canada was eliminated from the 2009 CONCACAF Men's Under-20 Championship after a 2-1 loss to Costa Rica last night. With the loss, it's the first time in five tries the U-20 squad will not qualify for their World Cup. METRO NEWS SERVICES

Sports

Vonn tops again

American Lindsey Vonn captured the women's World Cup overall skiing title for the second-straight year by winning the last downhill event of the season yesterday at the World Cup finals in Sweden. The top Canadian in the race was Kelly VanderBeek of Kitchener, Ont., who finished ninth. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

CRIME Peter Pocklington, the controversial former owner of the Edmonton Oilers, pleaded not guilty yesterday to charges he tried to hide assets from a federal bankruptcy court in California. Pocklington, 67, was arrested yesterday and will be in custody until at least tomorrow afternoon, when a judge is expected to rule on a motion by prosecutors that he be held without bail. REUTERS

SCOREBOARD

NHL

WESTERN CONFERENCE

	W	L	OT	P
d-San Jose	42	11	10	94
d-Detroit	43	14	8	94
d-Calgary	39	19	6	84
Chicago	36	17	9	81
VANCOUVER	33	22	8	74
Nashville	33	28	4	70
Columbus	32	27	6	70
Edmonton	31	27	6	68
Dallas	30	26	8	68
Anaheim	31	28	6	68
Minnesota	31	27	5	67
St. Louis	28	27	8	64
Los Angeles	27	28	9	63
Phoenix	28	31	5	61
Colorado	28	36	1	57

d-division leader

YESTERDAY'S RESULTS
Ottawa 3 Tampa Bay 2 (OT)
Carolina at Chicago
Anaheim 4 **VANCOUVER** 3 (OT)

NBA

YESTERDAY'S RESULTS
Philadelphia 115 Toronto 106
Atlanta 100 Utah 93
Dallas 93 Portland 89
Denver 112 Oklahoma City 99
Miami 107 Boston 99
Minnesota 104 Memphis 79
New Orleans 109 Washington 98
New York 116 Detroit 111 (OT)
Orlando 107 Chicago 79
L.A. Lakers 102 Houston 96
New Jersey at Golden State N

BASEBALL

WORLD BASEBALL CLASSIC
YESTERDAY'S RESULTS
Puerto Rico 5 Netherlands 0
Venezuela 5 U.S. 3
Mexico 16 Australia 1

For more sports coverage visit: metronews.ca

Canucks lose in OT

NHL RESULT

Canucks 3 Ducks 4 (OT)

VS

MIKE BLAKE/REUTERS

Anaheim Ducks centre Petteri Nokelainen puts the puck past Vancouver Canucks goalie Roberto Luongo last night.

SCOTT RINTOUL
for Metro Vancouver

THE SKINNY: Scott Niedermayer scored the overtime winner on a 3-on-3 breakaway as the Ducks fought off a spirited comeback attempt by the Canucks. Alex Burrows and Ryan Kesler both scored their 20th goals of the season while Kyle Wellwood finally found the back of the net for the Canucks in regulation. Teemu Selanne, Ryan Getzlaf and Petteri Nokelainen scored for the Ducks who won for the first time in five games on home ice.

THE PROBLEM: The Vancouver power play. Last night's 0-6 performance left the Canucks goalless in 10 chances on their two-game swing through California. Vancouver has just three goals in its last 34 opportunities with the man advantage.

THE RATING: It wasn't as crazy as the 7-6 barnburner back on Halloween, but the Canucks and Ducks produced a very entertaining game. 4.5 out of 5 stars.

THE NEXT GAME: The Canucks kick off a four-game homestand tomorrow night against a Kings squad that beat them 3-2 in L.A. on Monday.

Fixing fighting a tricky business

ToulBox

Politics, religion and fighting in hockey; three things you don't mention at a dinner party in Canada.

The latter has been kicked around at length this week as the NHL searches for a way to refine the manner in which on-ice pugilism occurs.

The two issues up for debate right now are the reduction of staged fights and the instigator rule.

The first has gained significant support among the game's main constituents; most fans are okay with the idea of tacking on a 10-minute misconduct to fights that are quite obviously orchestrated.

The NHL claims that over 21 per cent of this year's bouts have taken place right after the puck is dropped for a faceoff, and these are the types of scraps that the league wants reduced.

The prospect of losing a goon for a quarter of a contest for engaging in a premeditated fight may even deter the inclusion of such one-dimensional players on most rosters.

Hockey's enforcers aren't exactly thrilled with the idea, but they appear to be in the minority.

As for the employment of the instigator rule, the NHL needs to be extremely careful with its approach.

The idea behind a more-stringent application of the edict is to decrease those instances when a fight occurs because a player is forced to engage in fisticuffs after delivering a legal hit on a highly-skilled opponent.

In principle, the movement has merit. For whatever reason, scorers have basically become off-limits when it comes to physical contact, and hockey aficionados would like the game to revert back to the days when every player on the ice was a candidate for legal body checks.

True, the player that challenges an opponent who delivers a legal hit should be punished, but this will only work if the NHL's disciplinarian is harder on those players that recklessly attack a vulnerable opponent.

The longstanding and legitimate argument against the instigator rule is that hitters are not made accountable when their blows are both illegal and malicious in nature.

If this directive is going to be effective, Colin Campbell and the league office have to come down harder on those players that continually jeopardize the livelihoods of their opponents, especially when the targets are stars.

The instigator rule is only a useful deterrent if a harsher one exists for those that commit the truly heinous transgressions because if players aren't satisfied with off-ice justice, they will continue to settle the score with retaliation.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m. scott.rintoul@team1040.ca.

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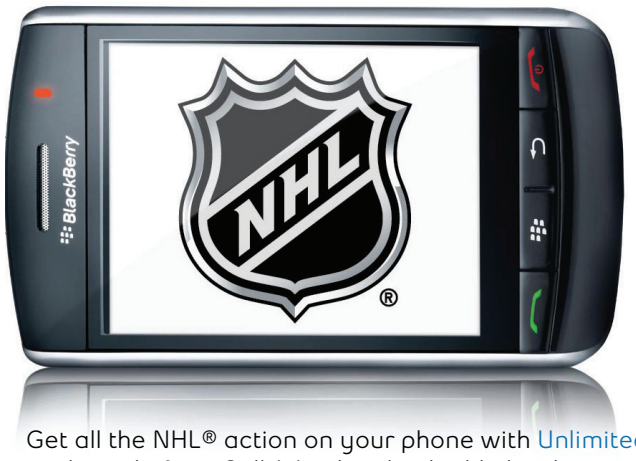

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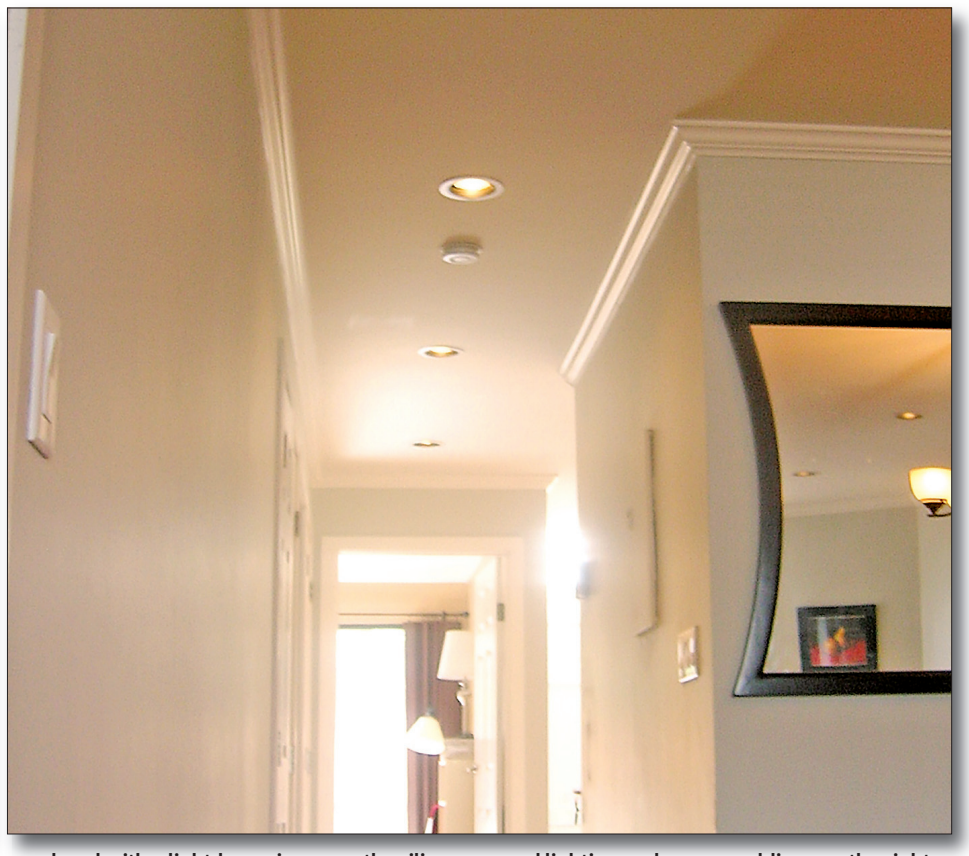
Metro Homes

Tivoli Radio

Tivoli Audio released its Spring 2009 collection recently, which included the NetWorks radio — a radio that is capable of playing any station in the world through an Internet connection. See Tivoliaudio.com. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA



In this ceiling reno, an uneven, water-stained popcorn ceiling and inefficient light fixtures on the left were replaced with a light-bouncing smooth ceiling, recessed lighting and crown moldings on the right.

Solutions for your ceiling

UrbanDweller

News of the 15-per-cent federal tax credit on renovations has many condo-dwellers looking around their homes to see what needs to be improved first. It may be time to look up.

As long as it isn't falling, most of us tend to ignore our ceiling, but we notice them in other homes. The old popcorn ceilings, so popular in cheaper-built buildings, have a way of holding the place down. Chances are they're grey, dusty and might even have a water stain or two. Many bear scars of ceiling fixtures of yore or bad patch-up jobs after they were removed.

The popcorn ceiling isn't easy to restore to its new state, which, let's face it, is no great feature to begin with.

The patch-up gunk available in small tubs at your hardware store never quite matches the patterning of the original blown or rolled-on cellulose product and is inevitably too white once it's applied.

In my popcorn-ceiling-infested building, some owners have had enough of the stalactite look and have painstakingly scraped it off, only to discover that the bumpy stuff has a purpose after all: To hide the uneven seams on the drywall. What started as a simple facelift became a pricey — and drywall-dusty — renovation to replace the ceiling altogether.

Some people choose to simply repaint their ceilings white, which effectively reduces the shadows, visually flattening the ceilings. That's the good news. The bad news is that painting the popcorn makes it much more difficult to eventually remove, as it's no longer a scrape-off job but a nasty sanding operation. (Ka-ching!)

Still, there's nothing that lifts a tired, older apartment like a smooth, light-bouncing ceiling with recessed lighting, preferably set with dimmer switches. If the popcorn's getting to you and the current tacky halogen track lighting — or worse, the $9.99 "nipple" ceiling fixture — is casting a pall on the place, it might be worth taking down the drywall altogether and installing a grid of four to eight pot lights before a smooth new ceiling is installed. The lights can bathe the entire room in light or be directed onto artwork, visually expanding the walls. And as all designers will tell you, lighting is everything.

Still not convinced that ceilings are a worthy condo reno? While you're at it, you can have the old insulation replaced with a superior sound-proofing product to reduce noise between the ceiling and floor above.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

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- **Meet** MVUAS Steering Committee members
- **Enjoy food and entertainment** provided by Aboriginal entrepreneurs and organizations
- **Enter to win prizes!** Vote on photos taken by Aboriginal Youth to help us design a new free on-line community-based newsletter

JOIN US AT THESE COMMUNITY FORUMS FROM 11AM TO 3PM
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Each workshop is 9am to 4pm - visit www.mvuas.ca for details.
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Selling the digital with the home

HouseLeague

With the continuation of the digital age, many homes and condos are being upgraded to include the latest in technological advances, making life easier and more efficient. In a buyer's market, you can make use of this new technology to help move your property quickly and obtain a higher sales price.

Upgrading your home to include the latest in electronics can make a large impact on a buyer. While searching for the ones to install in your home you may find some items that are location specific, such as full spectrum lighting. This lighting helps combat seasonal affective disorder, which is common on the rainy west coast. Including these lights in the bathrooms will be especially appealing for those relocating to the west from sunnier locales across the country.

Televisions and surround sound systems are another upgrade that is becoming more affordable and more common in homes around the country. Prewiring your space to allow for surround sound systems and home theatres can be enticing to any buyer (including the television itself is even better). The minor expense you will incur to wire your home will more than pay for itself when it comes time to sign on the dotted line.

With winter coming to an end, heated floors are not something most people will be thinking about, but adding radiant floor heating in the bathrooms and kitchen will always be appreciated by any home owner and buyer and can be enjoyed year round. Since tile and stone make up for most of the kitchen and bathroom floor coverings, radiant heating will keep them toasty during chilly nights, or while drying off after a shower or bath.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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Decor need not suffer when kids come along

HomeScape

When children arrive on the scene, does stylish home decor have to die?

Some parents think so; they are resigned to concentrating only on making their homes child-friendly and delay their plans to spruce up their decor until the kids leave. Or they buy homely and inexpensive furniture so whatever damage the children inflict, they could not possibly make them uglier.

But why live like a savage for a decade or possibly longer? To be sure, your family home needs to be child-friendly, so children know they are treasured members of the household. But at the same time, your home is also for you. It should be both joyful in its role as the centre of a busy family life, but also capable of soothing those jangled adult nerves with beauty, grace and style.

The most visible killer of stylish home decor is too many toys. I know families with toys that number in the hundreds. Reflect on how many toys your children actually play with on a regular basis and downsize.

Keep in mind that the roster of toys will be ever-changing, as your child grows older, so keep the collection trimmed down. Instead, consider setting up a toy exchange with neighbours and friends to keep the toy collection novel, rather than keeping a huge collection of toys, some of which the children will probably outgrow before you can even read the assembly instructions.

When you've whittled the collection down to a manageable size, establish a place for the toys, such as a stylish chest or bureau. Some people take the approach of keeping toys in the playroom, or the child's bedroom. But toys creep, so I think a better approach might be to provide a neat container (perhaps a stylish ottoman) for a few toys in different rooms in the house.

And teach your children to put things away. Easier said than done, I know. But kindergarten classroom teachers do it, and so can you. Use labels with words or pictures so they will know precisely what should go where. And be prepared to enforce the rule.

For flooring or upholstery fabric, keep in mind the golden rule that dark colours and splotchy patterns hide dirt. Make your life easier by choosing these kinds of patterns or colours. And go for scatter rugs on hard flooring, because cleanups are easier and replacing rugs is much less expensive than replacing wall-to-wall carpeting.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Wunderkind at Paris Fashion Week
For his Fall 2009/Winter 2010 Wunderkind collection, Wolfgang Joop drew inspiration from the abstract art movement and the photography of Gregor Torzs. It included dresses with graphic prints featuring red, green and blue squares. KENYA HUNT/METRO WORLD NEWS

Style

Red is the new black

As the fall/winter 2009 Paris collections unfold, black continues its death grip on the runways, from the outrageous puffy black gowns at Junya Watanabe to the dark elegant suits at Lanvin and the black rocker dresses at Balmain. But there is a whisper of hope that red may be positioning itself for a comeback. Red, the symbolic colour of economic failure, is bleeding through the ubiquitous black. You have to look very closely, but it's there. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

The best of...

Paris Fashion Week was a burst of creativity. Here are some of the highlights

MANISH AORA

Manish Arora

Arora is having a big moment thanks to M.I.A. who wore one of his dresses on the red carpet at the Grammys. Her music was the soundtrack for a collection that was wild in every sense of the word. Glittery tiger heads appeared as three dimensional shoulder accents on the opening dress, while graphic print dresses featured flying dolphins. And that's barely scratching the surface. His colors — emerald green, violet, hot pink, yellow, brown and black — were equally as eye-popping. It was fantastical and fun.

YVES SAINT LAURENT

Yves Saint Laurent

More than any collection I've seen this season, Stefano Pilati's cool, empowered and slightly unaffected fall collection seemed the most in tune with what women want to wear right now, while still pushing the moment forward. The collection was heavy on black leather — black belted jackets, stovepipe trousers, skirts, you name it. The monotone palette highlights each garment's anything but boring design details, which is what you want if you're going to go all black. He also seems to be contributing to the general shift away from the hyper-feminine dress towards masculine-edged pants.

KENYA HUNT
Metro World News

Alexander McQueen

Never one to be hindered by everyday wardrobe needs, McQueen kicked up his flamboyant showmanship umpteen notches in a series of exaggerated looks that were equal parts vintage couture, drag ball and Japanese horror film. Creatively, the electrifying collection is arguably the high point of the week so far, with exquisitely constructed gowns in bold shapes and hues that rebel against the down economy.

ALEXANDER MCQUEEN
GETTY IMAGES

Celebs model for Heart Truth

FUNDRAISER Nothing gets the heart pounding quite like a gorgeous woman in a stunning red dress.

And next Tuesday (March 17), that's exactly what the Heart and Stroke Foundation is banking on with their second annual Heart Truth Fashion Show.

On day two of Toronto's LG Fashion Week, the catwalk will turn into a platform for raising awareness of heart disease and stroke in women.

Once again featured models for the Heart Truth will be Canadian celebs. This year's lineup includes Kreesha Turner, Sass Jordan and Olympic skater Elizabeth Manley, all of whom will be channeling their very best Jessica Rabbit as they flaunt a sexy red dress, the official symbol of the Heart Truth campaign.

Each dress will be one of 22 original creations by Canadian designers including Andy Thé-Anh, Joeffer Caoc and Pink Tartan.

Erin Karpluk, star of CBC's Being Erica, will be walking the runway for the first time. She said the campaign has already helped debunk some of her own misconceptions about heart disease.

"I learned that one in three women die of heart disease, which I was just floored by," Karpluk said. JENNIFER YANG/FOR METRO CANADA

Upcoming

- Look out for more Toronto Fashion Week coverage in next week's Metro pages.
- Also, visit us online at metronews.ca next week to read Flare magazine editor-in-chief Lisa Tant's blog on Toronto Fashion Week.

GlobalStyle

Kenya Hunt

Read Paris Fashion Week reviews, exclusively at metronews.ca/globalstyle

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There will be shrinkage
Cabbage loses a lot of water in cooking, so what seems like a large amount reduces down. To avoid the pungent odour often associated with cabbage, cook it uncovered in lots of water for a short period of time. METRO NEWS SERVICES

Food

"Choose a small to medium cabbage that is heavy for its size, firm and compact with unblemished leaves." BARB HOLLAND/FOR METRO CANADA

Fresh
A whole head of cabbage will keep for a week or longer stored unwashed in the refrigerator. Remove the outer leaves and rinse just before slicing.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Cabbages: Head of the class

À la carte

Barb Holland
metronews.ca/alacarte

Economical and versatile, this humble winter storage vegetable stretches a long way. Whether green, red or savoy, this member of the Brassica family is related to kale, broccoli and cauliflower.

Green is the most common type of cabbage and popular for its crunchiness and mild flavour (except when overcooked). Red cabbage takes longer to mature than green cabbage, so they usually aren't quite as tender. The colour of red cabbage can run when cooked and take on a bluish tinge. To prevent this, cook with a bit of lemon juice or vinegar.

The leaves of a Savoy cabbage are looser and more crinkled than regular cabbage and have a more tender texture. The flavour is milder and sweeter.

Colcannon or Bubble and Squeak

In Ireland it is called colcannon; in Britain, bubble and squeak for the sound it makes as it cooks. Whatever the name, it was a customary way to use up vegetables left over from Sunday dinner.

Good with corned beef, ham or sausages, the amounts can vary to suit your leftovers or taste. Makes 4 to 6 servings.

INGREDIENTS:
- 2 tbsp (30 ml) butter
- 3 green onions, sliced
- 2 to 3 cups (500 to 750 ml) cooked green cabbage
- 2 to 3 cups (500 to 750 ml) mashed potatoes
- Salt and pepper

METHOD:
Melt butter in a large skillet over medium heat. Add onions and cook until softened, a few minutes. Add cabbage and toss with onions. Add potatoes, breaking up with wooden spoon to combine with cabbage and onions. Season to taste with salt and pepper and cook until heated through, 5 to 10 minutes.

Green is the most common type of cabbage and popular for its crunchiness and mild flavour.

Cabbage Tips:
- To slice cabbage, cut head into quarters, remove core and slice with a sharp chef's knife, a mandoline or with a food processor fitted with a slicing disc.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Meals for a steal

The Elbow Room Café
theelbowroomcafe.com
560 Davie St.
604-685-3628
Price: $3.75 (Ta-Daze soup) - $15 (The Chad Lowe Burger)

The Elbow Room Café is known for hefty portions and low prices. It offers a selection of lunch items like Ta-Daze daily made soup for $3.75, chicken pot pie and hamburgers made from scratch. If you can't finish your meal the café will make a donation to A Loving Spoonful — a charity that helps people living with AIDS.

Spaghetti & Wine $24 plus tax
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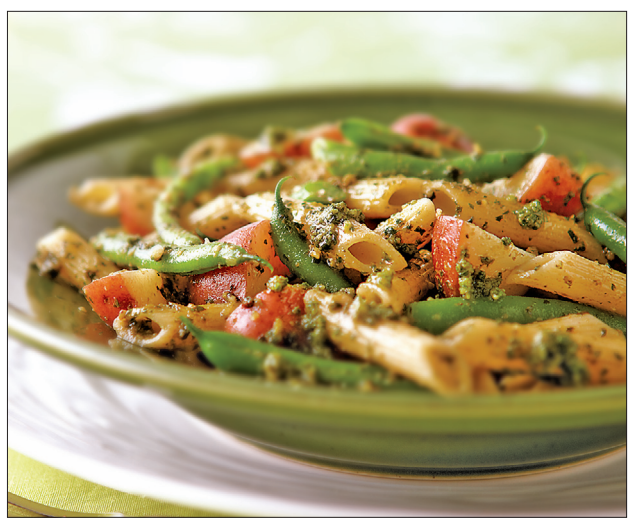
Canadian Living recipe of the month

Pasta with Green Beans, Potatoes and Pesto

INGREDIENTS:
- 8 oz (250 g) green beans, halved crosswise
- 10 oz (300 g) penne rigate pasta
- 10 oz (300 g) mini red-skinned potatoes, scrubbed and quartered

Pesto:
- 1/4 cup (50 ml) toasted pine nuts
- 1/4 cup (50 ml) shredded Parmesan cheese
- 2 cloves garlic, chopped
- 1 cup (250 ml) packed fresh basil leaves
- 1/4 cup (50 ml) extra-virgin olive oil
- 1/4 tsp (1 ml) salt
- Pinch pepper



ANDREAS TRAUTTMANSDORFF

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METHOD:
In large pot of boiling salted water, cook green beans until tender-crisp, about 4 minutes. With slotted spoon, transfer to bowl.

In same pot of boiling water, cook pasta until al dente, about 10 minutes. Drain and return to pot, reserving 1/2 cup (125 ml) of the cooking liquid.

Meanwhile, in separate saucepan of boiling salted water, cover and cook potatoes until tender, about 10 minutes. Drain well.

Pesto: Meanwhile, in food processor, pulse together pine nuts, Parmesan cheese and garlic until smooth. Add basil, oil, salt and pepper; pulse until smooth. Add to pasta.

Add green beans, potatoes and reserved cooking liquid; stir to coat.

online
For more Tested-Till-Perfect recipes, visit canadianliving.com

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

Irish spirit

Since only one quarter of me can trace itself back to the Emerald Isle my Irish eyes usually just smile when a new U2 album gets released (which coincidentally was earlier this month) and on Saint Patrick's Day.

Though no stranger to the making of great booze I can't imagine that any Irishman would disagree that his homeland's liquid lord is Guinness Stout: A tall, dark beauty that — thanks to the addition of roasted barley to the initial pre-mashed malt — offers a flavour that's both dense and delicious.

More than two million pints will be poured in Canadian pubs next Tuesday — maybe more considering it's the ale's 250th anniversary.

At home you can still drink like you're in Dublin thanks to **Guinness' innovative Pub Draught ($11.25 - $11.95)**. Each can in this four-pack has a capsule inside filled with a blend of nitrogen and beer that gives the brew a thick, creamy head which pretty much equals the on-tap option.

If you're looking to celebrate with something a little bit stiffer try a glass of **Jameson Irish Whiskey ($29.95 - $29.99)**: A smooth, triple-distilled grain spirit that's great on the rocks or mixed with ginger ale, cola or apple juice. Sláinte Mhaith.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Big stomach, big heart
Today you can Dine Out for Life all over Vancouver! Breakfast, lunch and dine at over 200 restaurants and get 25 per cent of your food bill donated to the fight against AIDS. METRO NEWS SERVICES

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Modern Vietnamese fuses flavours

ANYA LEVYKH
anya.levykh@gmail.com

Chau Kitchen and Bar
1500 Robson St.
Vancouver
604-682-8020

Signature Drink:
Artichoke Tea
Signature Dish:
Lemongrass Chicken Rice Paper Rolls
Rating: ●●●●½
Dinner & drinks for 2: $65

The history of Vietnamese cuisine is one of fusions — between the colonial French, the Chinese, the Thai and others. So, it's no surprise that Chau's menu is one of contrasting textures, tastes and origins. This is not a typical pho joint — in fact, the dinner menu is completely devoid of it — and that's not a bad thing.

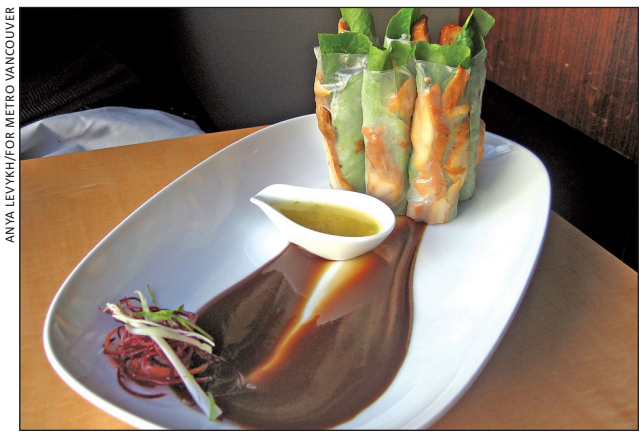
Rice paper rolls with lemongrass chicken ($9) are a delightful combination of fresh greens, aromatic chicken, crunchy pieces of rice paper and tender rice noodles. Add absolutely perfect apple vinaigrette, and you have something so good that we ordered another set to munch on later.

If something hot and hearty is required, look no further than the Buddha bowl of soup ($11) which is large enough for a party of four, and is stuffed with eggplant, noodles, various mushrooms, Asian cauliflower, all served in a heavenly mushroom-date-lychee broth. A main of pork tenderloin ($16) was cooked in a savoury caramel sauce, very tender.

And dessert of fried banana with condensed milk sauce and pandan [sic] leaf ice cream was just yummy.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.


ANYA LEVYKH/FOR METRO VANCOUVER
Rice paper rolls with lemongrass chicken and peanut sauce.

John Casella brings [yellow tail] to Vancouver

On Monday, March 9, 60 guests attended a reception at Il Giardino in honour of John Casella (pictured here in his vineyard), Managing Director of Casella Wines, whose family is responsible for the world-wide success of [yellow tail]. Guests enjoyed the Chardonnay, the new vintages of the Pinot Grigio, Merlot, Shiraz, and the Reserve Cabernet Sauvignon. There was also a special sneak preview of the new Bubbles Rosé ($13.99), which will be launching in April. discoveryellowtail.com

PHOTO COURTESY OF CASELLA WINES

Dining out

LATE NIGHT PIZZA AND BEER
Campagnolo (1020 Main St) is now offering a late night pizza and beer combo for only $12.50. Enjoy any pizza with an R&B ale, every night of the week after 9:30pm. Choose from the Margherita, the Bianca or the Salsiccia pizzas, and slurp down with either the Cream Ale or Bohemian Lager. Call 604-484-6018.

PORKED OUT
Starting this Sunday, DB Bistro Moderne (2551 W. Broadway) is offering a special Choucroute Royale for $32 on Sundays and Mondays only. Enjoy Riesling-juniper sauerkraut with bacon, braised stuffed pork shoulder, crispy confit pork leg and glazed pork belly with mustard crust. Call 604-739-7115.

In brief

TAPAS AT THE SALT BOX
From Sean Heather, of the Irish Heather and Salt Tasting Room, comes another Gastown addition, Salt Box, a Spanish-tapas themed joint slated to open later this year.

UPSCALE
Hotel restaurants are on the rise ... the upcoming Pacific Rim Hotel will have Oru, which is planned as an upscale über-B.C. dining spot.

Tax cuts. Reach out and claim them.

The Government of Canada has introduced a wide range of tax cuts to help Canadians save on their taxes. Lower taxes are part of *Canada's Economic Action Plan*.

There are measures like the Children's Fitness Tax Credit, which allows parents to claim up to $500 in eligible fitness expenses paid for each qualifying child.

There are also the Public Transit Tax Credit and other tax savings designed to benefit people and families from all walks of life.

You've earned it. Claim it.

Find out what you're entitled to claim and how to file your tax return online at **canada.gc.ca/taxinfo**.

Or call **1-800-959-8281 (TTY: 1-800-665-0354)**.

Canada Revenue Agency / Agence du revenu du Canada
Canada

No more Lethal Weapon films

Lethal Weapon 5 will not be made. Plans for a new instalment in the franchise have been axed, reportedly because original star Mel Gibson didn't want to return to the movies, supposedly because previous director Richard Donner would not be behind the camera. **FEMALEFIRST.CO.UK**

Entertainment

Black Star

She has already debuted her fashion line and now Avril Lavigne is set to launch her own fragrance, Black Star. The singer signed a deal with Procter and Gamble to produce a range of toiletries. **FEMALEFIRST.CO.UK**

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Idol makes radio-friendly return

Kelly **Clarkson**

Album: All I Ever Wanted
Label: RCA/Sony
Rating: ●●½

KELLY CLARKSON HAD the nerve on her 2007 album, My December, to buck the industry experts (read Clive Davis) by making a record dominated by her own darkly edged songs. Like a self-fulfilling prophecy, the album tanked. Well, Kelly learned her lesson and she's back with a team of A-list producers and writers (including Katy Perry and American Idol judge Kara Dioguardi) for her fourth album, All I Ever Wanted. Every song is radio-ready, a smash single waiting to happen. The opening track, My Life Would Suck Without You, is nothing but Since You've Been Gone with different lyrics. Kelly is defiant in I Do Not Hook Up, vulnerable on Cry, in control on Don't Let Me Stop You and angry on Whyyawannabringmedown.

Graham Rockingham/for Metro Canada

Chris **Cornell**

Album: Scream
Label: Universal
Rating: ●½

CHRIS CORNELL HAS been making music for about two decades, but his new album, Scream, reaches a milestone that he's managed to avoid — he's finally created one of the worst albums of the year. Why in God's name would he team up with Nelly Furtado-producer Timbaland is anyone's guess. The result is a schizophrenic record of electro-beats, dance-club melodies, and the occasional rap — genres the former Soundgarden signer should stay far away from. If anything this is more of a Timbaland disc featuring Cornell than it is the other way around.

Bryan Borzykowski/for Metro Canada

GETTY IMAGES

All I Ever Wanted is the new album from Kelly Clarkson.

Julie **Doiron**

Album: I Can Wonder What you Did With Your Day
Label: Endearing Records/Fontana North
Rating: ●●●

JULIE DOIRON RETURNS to her electric roots with ex-Eric's Trip bandmate Rick White handling bass and production duties while Fred Squire (Calm Down It's Monday) handles drums. Heavily distorted electric guitar and bass bring a sense of foreboding to Doiron's strangely upbeat lyrics and childlike melodies, especially on standout tracks like Spill Yer Lungs, Heavy Snow and Consolation Prize. Yet when left to herself like on opening track, The Life of Dreams, or the closer, Glad To Be Alive, Doiron's minimalism is simply silly. Minimalism shouldn't necessarily be equated with art. Sometimes it's just childlike.

Graham Rockingham/for Metro Canada

Music**Reviews**

On the web

There's more online at metronews.ca/music:

- we review new music from Josh Reichmann Oracle Band, Razorlight & Hamsome Furs
- Links to this week's reviewed music
- Canadian Music Week blog

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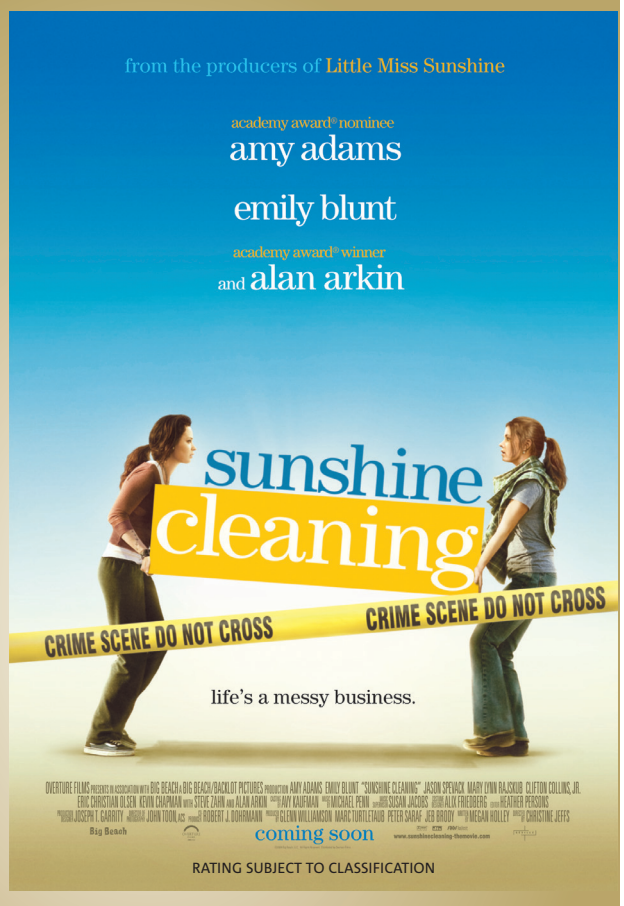


IN THEATRES MARCH 27

VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes March 17, 2009. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro

Michael Jackson to add U.K. concerts after sellout

Michael Jackson will add more shows to the 10 London concerts already announced this summer as his comeback to live music, organizers said yesterday.

The 50-year-old singer has been a virtual recluse since his acquittal on child abuse charges in a 2005 trial, his last full set of live concerts was 12 years ago and he has not recorded an album of new music since Invincible in 2001.

Last week he announced his long-awaited comeback at London's O2 Arena, where he plans a Las Vegas-style "residency" with a series of 10 concerts beginning on July 8.

"The pre-sale 10 shows at The O2 that went on sale this morning at 7 a.m. have already sold out," said Outside Organisation, the PR company representing promoter AEG Live.

"Due to the incredible level of interest, Michael Jackson has allowed AEG Live to add extra shows."

It was not immediately clear how many concerts would be added. The website of music magazine Rolling Stone reported 12 extra concerts had been booked.

AEG Live said last week it may extend Jackson's London series and launch gigs elsewhere in the world if the demand was there.

Jackson is still the "King of Pop" to his legions of fans despite his sometimes bizarre behavior and appearance in recent years. He has sold around 750 million records, won 13 Grammys and is regarded as one of the biggest pop acts of all time.

Organizers said fans should log on to website michaeljacksonlive.com for information on the additional shows. **REUTERS**

GETTY IMAGES

"The pre-sale 10 shows at The O2 that went on sale this morning ... have already sold out."
PR company representing AEG Live

Sorcery star
Ugly Betty alum Rebecca Romijn has lined up a pretty cool new role, playing the lead sorceress in ABC's Eastwick pilot. It is based on the John Updike novel and the 1987 film The Witches of Eastwick. **TVGUIDE.COM**

John Roberts honoured

CNN anchor inducted into Canadian broadcast hall of fame

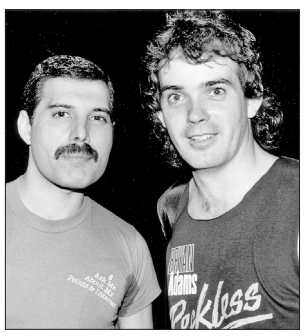
BRIAN TOWIE
brian.towie@metronews.ca

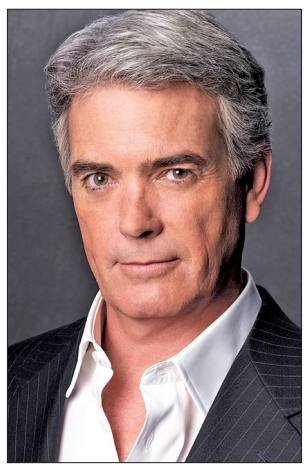
From the fury of hurricane Katrina to the chaos of Iraq to the pulse-pounding energy of Live Aid — John Roberts has seen it all.

The co-anchor of CNN's American Morning and Toronto native will be lauded for his work today at Canadian Music Week. The veteran broadcaster of 34 years will be inducted into the Broadcast Industry Hall of Fame during the Canadian Music Industry Awards Gala at the Fairmont Royal York. Roberts looks back fondly on his comparatively more peaceful home and native land.

"I miss my family and Canada's wide open spaces," says Roberts. "I suffered a bit of culture shock when I first started working in the U.S. It gets said down here that Canadians are a kind of decaffeinated American. Things can move much faster, especially in New York where I am."

Canadians may recognize Roberts, 52, from his earlier days as host of Canada AM from 1990 to 1992 and as a MuchMusic personality during its infancy, when he co-hosted The New Music from 1979 to 1985.





Roberts, above, with Queen's Freddie Mercury during his days at MuchMusic and, right, in his current role as host of CNN's American Morning.

"The bulk of my career has been in news, but because of the exposure people do remember the MuchMusic days," he said. "We were launching something brand new that was exciting for people. No one really remembers me from radio though. I suppose it's because that happened during the cretaceous period."

They were not-so-humble beginnings to a career that reads like a chronicle of the past 17 years of world history. As a reporter and anchor for both CBS and CNN for that time, Roberts was embedded with U.S. Marines during the invasion of Iraq in 2003. He reported on the Israeli-Hezbollah conflict of 2006, the Oklahoma City, Atlanta Olympics and London bombings, the deaths of Pope John Paul II and Princess Diana and hurricane Katrina. He's also interviewed some of the most influential world leaders of our time, including former U.S. presidents George W. Bush and Bill Clinton.

Though objectivity is the cardinal rule of good journalism, Roberts can't deny that seeing humanity at its best and worst affects him personally. He points to the aftermath of Katrina as an event that shocked, saddened and inspired him.

"You're there as an observer, but you wouldn't be human if it didn't affect you in some way," he says. "Now unlike them, at the end of the story, you get on an airplane and you go back home. But you take with you a perspective of the story that you wouldn't have unless you immersed yourself in it."

Canadian **Music Week**

Follow the latest on Canadian Music Week by reading our blog at **metronews.ca**

Fox, CBS tie for week's most-watched

TELEVISION Fox tied with CBS as the most-watched network last week, and easily won among the coveted adults 18-49 demographic. Each averaged 13.2 million viewers during the week ended March 8. **REUTERS**

YOU COULD **WIN** a pair of passes to an advance screening of KNOWING **ON MARCH 18!**

IN THEATRES MARCH 20

VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes March 13, 2009 at 11:59 pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro

MTV focuses on scripted comedy

TELEVISION MTV's next target: scripted comedy. The network is developing an unprecedented number of scripted half-hour projects, including five pilots and an animated series.

The latter is about two office drones who swap viral videos amidst workplace mayhem.

CBC set to pick up comedy 18 to Life

TELEVISION The CBC will pick up single-camera comedy 18 to Life even with pilot partner ABC out of the picture. The Montreal-set sitcom portrays 18-year-old neighbors, played by Stacey Farber and Michael Seater, who get married on a dare only to face criticism from parents and friends. **REUTERS**

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/12/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Doc Zone "Wild Horse Redemption" (N) (CC)				CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Kath & Kim	Saving Emily (2004) Alexandra Paul, Bruce Boxleitner. (CC)				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		ER "Old Times" (N) (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Infamous" (N)		Supernatural (N) (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Tocantins (N) (CC)		The Office (N)	Kink in Hair	Life "Shelf Life" (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Wife Swap "Heene/Silver" (N)		Eleventh Hour "Olfactus" (N)		(:02) Private Practice (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (N) (CC)		30 Rock	30 Rock (N)	Hell's Kitchen (N) (PA) (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Infamous" (N)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Tocantins (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour "Olfactus"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office (N)	(:31) 30 Rock	ER "Old Times" (N) (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (N) (CC)		Grey's Anatomy (N) (CC)		(:02) Private Practice (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Mortal Thoughts ★★★ (1991) Demi Moore, Glenne Headly.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Great Performances "Hitman: David Foster and Friends"				Celtic Thunder (CC)				Heart Healthy
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (N) (PA) (CC)		Hell's Kitchen (N) (PA) (CC)		News (N) (CC)		Family Guy
	-	364	43 PBS	(6:00) 3 Mo' Divas (CC)		Change Your Brain, Change Your Life (CC)				Daniel Pink: Living on the Right Side		
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Reverse Aging
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Infamous" (N)		Supernatural (N) (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Bring Wall St	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	Geologic Journey (CC)		CBC News: The National (N)		CBC News: The National		Geologic Journey (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(6:00) Baseball World Classic -- Teams TBA. (Live)				Sportsnet Connected (Live)		Sportsnet Connected		Sportsnet
	400	400	30 TSN	Curling: Tim Hortons Brier		SportsCentre (Live) (CC)		Score Golf	Motorcycle	2008 World Series of Poker		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker Jesse and Nathan.		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54 SCR	Basketball	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Bullrun (N)		Pimp My Ride	Pass Time	Pinks -- All Out		Bullrun		Bullrun
	416	409	144 GLF	Fútbol de España Destacadas.		Gol TV News		Extra Time		Gol TV News	Extra Time	Gol TV News
family	552	543	25 YTV	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life Wrangle alligators.		Falcon Beach "After the Fall"		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Futurama: Bender's Big Score (2007) Voices of Billy West.			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Big Ideas	Myths and Heroes		Adventures in Architecture		The Genius of Photography		Me My
	575	583	20 CMT	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	disBand	disBand	Video on Trial	Video on Trial	Paris Hilton's British Friend		Video on Trial	Technical Diff.	Spotlight
	600	564	25 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	The Beast "The Walk In" (N)		The Beast "The Walk In"		The First 48 (CC)		The First 48 (CC)		The Beast
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		Ways to Die	Ways to Die	MANswers	EA Gillette	Married... With	Married... With	MXC
	521	560	34 TLC	Stop Shouting at Me! (N)		Street Customs (CC)		Stop Shouting at Me!		Overhaulin' "Mean Anemul"		Overhaulin'
	616	522	39 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	Walking Tall ★★ (2004) The Rock. (CC)		
	620	523	40 BVO	ShowBusiness: Broadway		Law & Order "Under God"		Without a Trace "All for One"		Running Mates ★★ (1992) Diane Keaton.		
	601	562	41 SLC	X-Weighted "Gaia" (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	MythBusters "Lead Balloon"		Daily Planet (CC)		Deadliest Catch (CC)		Investigation X (CC)		Invest. X
	522	506	44 HIS	NCIS "Split Decision" (CC)		Lost Worlds "Taj Mahal"		Go Deep "Beaufighters"		NCIS "Split Decision" (CC)		Sea Hunters
	627	528	45 SPC	Chuck (CC)		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	Doom ★★ (2005) (PA) The Rock, Karl Urban. (CC)				Sex and-City	Sex and-City	(:10) Doom ★★ (2005) (PA) The Rock. (CC)		
	619	525	48 TROP	Make	Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge (CC)		Unwrapped	Secret Life of	Family
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	House Party	Daily Show
	320	621	60 CEN	(6:30) They Wait (2007)		Young People F...ing (2007) Aaron Abrams.			Mr. Woodcock ★★ (2007, Comedy) (CC)			Halloween ★
	581	566	101 MTV	The Girls of Hedsor Hall		MTV Live	After	Making the Band 4 (CC)		The Girls of Hedsor Hall		MTV Live
	261	394	102 V	(6:00) The Princess Bride (CC)		Poltergeist: The Legacy		The Princess Bride ★★★ (1987) Cary Elwes. (CC)				Paid Program
	-	-	109 MUL	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics'corner

Eleventh Hour
Where are Tim Gunn and Heidi Klum when you need them? Heck, Dr. Hood (Rufus Sewell) probably would settle for a little help from the Mode magazine peeps from "Ugly Betty" as he investigates a series of homicidal outbursts by people with no previous history of violence during Fashion Week in New York. Marley Shelton also stars in the new episode "Olfactus." Omar Benson Miller, Valerie Cruz and John Shea guest star. 9 PM on VI

ER
Neela and Sam (Parminder Nagra, Linda Cardellini) are stunned to return to the airport with transplant organs only to find their plane left without them. Dr. Carter (guest star Noah Wyle) gets a surprise visit from an old friend (guest star Eriq La Salle) while waiting for his kidney transplant. Dr. Banfield (Angela Bassett) bonds with an abandoned baby boy. John Stamos also stars in the new episode "In Times of Old." 10 PM on CTV NBC

Hogan turns to court for money

Hulk Hogan's lawyers have asked a judge to grant the former wrestler access to $300,000 of his assets that were frozen while his pending divorce is resolved. Hogan claims surgery he had last month will keep him from working for a time. METRO NEWS SERVICES

Celebrity Buzz

Something leaking in Kelly's shower

HABITS Kelly Clarkson pees in the shower, femalefirst.co.uk reports. The singer always urinates while she is washing, and insists it is not a dirty habit. Asked if she had ever been tempted to urinate while washing, she said: "Anybody who says they don't is lying." Clarkson's unusual shower routine is not the only dirty habit she admits to. The 26-year-old star always checks tissues after she has sneezed into them, because she is curious to see what is coming out of her nose.

METRO NEWS SERVICES

Halliwell calls off wedding: Source

ENGAGEMENT Mere months after announcing her engagement to shipping tycoon Fabrizio Politi, Geri Halliwell is calling the whole thing off, according to the Sun. According to a source, the former Spice Girl "woke up one morning last week and decided she just wasn't the marrying type." Politi and Halliwell met in December, and he proposed one week later. "Fabrizio is upset but totally respects Geri's wishes," the source says. "Her friends are not surprised."

METRO WORLD NEWS

Panettiere gets personal at work

SHOW This is why co-workers shouldn't date. Hayden Panettiere is reportedly trying to run ex-boyfriend and co-star Milo Ventimiglia off their show, Heroes, according to OK! Magazine. "She refuses to be on the set at the same time as him. She is making it difficult for everyone involved," a source tells the magazine, adding that Ventimiglia is trying to remain professional.

METRO WORLD NEWS

Amy willing to give it all up for 'Blakey'

RELATIONSHIP Amy Winehouse is ready to quit music to reunite with husband Blake Fielder-Civil, femalefirst.co.uk reports.

The singer is prepared to do whatever it takes to win back ex-convict Blake — who started divorce proceedings while in prison after seeing Amy romantically linked to other men while holidaying in the Caribbean — and would even walk away from her successful singing career.

Writing on her page on social networking website Facebook, she wrote: "Amy would chuck it all in for 'im indoors."

She swiftly followed it with another message, saying: "Nothing is worth as much as Blake."

Friends of the troubled 26-year-old star replied urging her to move on from Blake, who recently moved his 17-year-old rumoured girlfriend Francesca Morralee into his London home.

One wrote: "He ain't worth it."

In a heart-rending final note, Amy said: "Where's my oblivious Blakey boy?"

METRO NEWS SERVICES

Brand's busy schedule in way of pirate role

FILM Russell Brand is "too busy" to appear in Pirates of the Caribbean 4, femalefirst.co.uk reports.

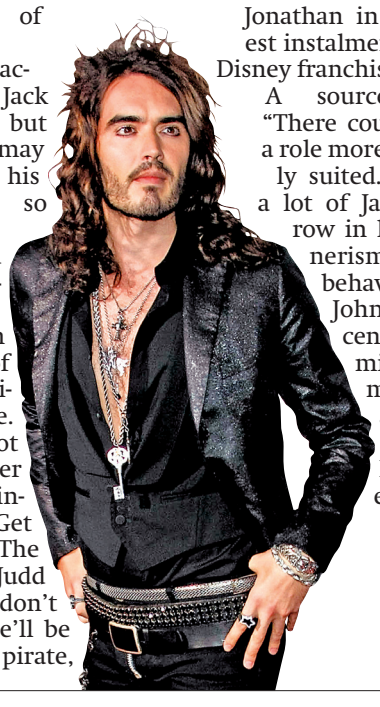
The British comedian was rumoured to be in negotiations to appear in the swashbuckling movie sequel as a brother of Johnny Depp's character, Captain Jack Sparrow, but fears he may miss out as his schedule is so packed.

Brand told Access Hollywood: "There's been some talk of doing a Pirates movie. But, I've got eight other things to do including Get Him To The Greek with Judd Apatow. So I don't know if there'll be time to be a pirate, I've got enough of that in my private life.

"I think it's a possibility but I am rather busy."

It had previously been claimed that the Forgetting Sarah Marshall star had been offered more than $9 million to portray Jonathan in the latest instalment of the Disney franchise.

A source said: "There couldn't be a role more perfectly suited. There's a lot of Jack Sparrow in his mannerisms and behaviour. Johnny's accent isn't a million miles away from Russell's either."



METRO NEWS SERVICES

Miller dishes on girl fight in film

ACTION Sienna Miller has a "really good girl fight" in G.I. Joe: Rise of the Cobra, femalefirst.co.uk reports. The Edge of Love star says she relished the chance to grapple with her co-star Rachel Nicols for her favourite scene in the action movie, despite both actresses sustaining injuries as they prepared for the physical challenge. She said: "There's a really, really good girl fight between Rachel Nichols and myself. It's like a proper, violent girl-fight scene. ...We both got hurt. I'm clumsy, so I slipped on a rubber bullet at one point and sprained my wrist quite badly.

METRO NEWS SERVICES

Diddy stands by 'friendly' gesture

FRIENDS Sean (Diddy) Combs says he was only being "a friend" when he invited Chris Brown and Rihanna to stay at his Miami home nearly three weeks after the 19-year-old singer allegedly battered his girlfriend, 21, usamagazine.com reports.

"I don't cast a judgment on anybody," Combs said on Tuesday's Ellen DeGeneres Show. "It's a dark time for them, and I'm there for support."

DeGeneres told him she didn't want any girl out there thinking it's OK to go back to a guy who abused her.

"I don't think it's right for anybody to hit anybody," Combs replied. "We know sometimes relationships get ugly ... we don't know exactly what's going on (with them)."

Added their pal, "We need to pray for them, and we need to do things to support them."

Oprah Winfrey has also reached out to the couple. She is dedicating her live talk show today to "all the Rihannas of the world."

Brown, who has been charged with two felonies and remains free on $50,000 bail, is to be arraigned April 6. If convicted, he faces anywhere from probation to four years and eight months in state prison.

METRO NEWS SERVICES

Lohan drama at club

INCIDENT Lindsay Lohan was abandoned by girlfriend Samantha Ronson in Las Vegas, femalefirst.co.uk alleges.

The actress had planned to surprise her DJ lover with a romantic night in a hotel after she finished her set at Prive nightclub but was enraged when Ronson left the club without her.

She reportedly screamed: "I can't believe that f—king b—h left me!"

After driving from their home in Los Angeles earlier that evening, Ronson had planned to go to the club alone and was believed to be furious when Lindsay showed up at 1 a.m.

A source said: "The two started to argue and hide in the DJ booth. While she was in the booth, Lindsay ducked down, popped up a few seconds later, and began dancing wildly."

Following her set, 31-year-old Ronson left the club at 3 a.m. and got into her Porsche. She drove alone as 22-year-old Lohan looked on from the roadside.

Evidently outraged, Lohan jumped into her black Mercedes and sped off in the direction of her girlfriend's vehicle.

A photographer said: "Lindsay definitely appeared to be messed up on something, that's for sure."

METRO NEWS SERVICES

Bundchen ready to have children

MODEL Bring on the babies, says newlywed Gisele Bundchen, usmagazine.com reports.

"I want to have a big family," the model, 28, tells April's Harper's Bazaar. "My parents have been together for 36 years, and that is what I want. I am in that place. It's all good in that part of my life. It's one part of my life that I'm learning about every day. I've been challenged a lot by it, but it's the most rewarding part."

Usmagazine.com exclusively reported that she and Brady wed Feb. 26 at the Catholic Church in Santa Monica, Calif.

The usually private Bundchen calls her husband, 31, "a good guy."

"He has a very pure heart. He's very naive, almost like a child. That is my favourite quality about him," she says of Brady, who has a son, John, 1½, with ex Bridget Moynahan.

METRO NEWS SERVICES

Fox, Green still together

COUPLE Despite rumours last week that Transformers star Megan Fox and fiancé Brian Austin Green had called it quits, people close to the couple say they're still very much together.

"They didn't break up," a source tells In Touch. "They hit a rough patch. But in every long-term relationship, people go through ups and downs."

Fox was even took Green's six-year-old son, Kassius, to school this week, and the pair were also spotted out and about holding hands.

METRO WORLD NEWS

The Weather Network
TWN incorporates MSC data
Today Sunny 6°/ 0°
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Saturday Rain and snow 90% 6° / 4°
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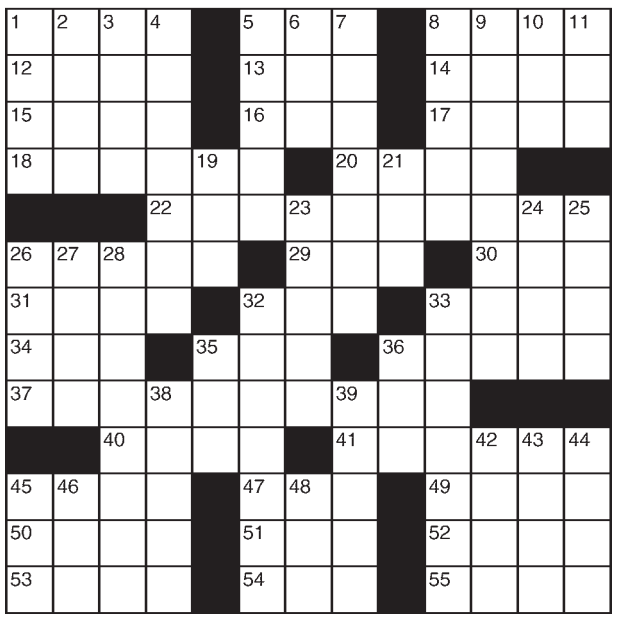
Take Five



Crossword across

1 Rhyming tributes
5 — de deux
8 Satiate
12 Mentor
13 Killer whale
14 Possess
15 Hideaway
16 Harry's successor
17 Terrible fellow?
18 Football team
20 Baseball team
22 Placing first, second, or third
26 Jobs in technology?
29 Mound stat
30 Decorate Easter eggs
31 Dorothy's destination
32 Soar
33 Warmth
34 Acapulco gold?
35 Benicio — Toro
36 Language of Iran
37 Exactly right
40 The Music Man locale
41 Make bubbly
45 Isinglass
47 Back talk
49 Concept
50 Stench
51 Lamb's mama
52 Pub missile
53 Frogs' hangout
54 "Mayday!"
55 Messes up

Crossword down

1 Look lecherously
2 Two-way
3 One of HOMES
4 Last
5 Hunting dogs do it
6 Evan Almighty construction
7 Landscapes
8 Pants material
9 Pale purple
10 Eggs
11 Longing
19 Compass dir.
21 "— Little Teapot"
23 Greeting
24 Nestling hawk
25 Himalayan beast
26 "Scat!"
27 Ripped
28 Smiley in an email, e.g.
32 Cows and sows
33 Rural outing
35 Morning moisture
36 Doctor's due
38 Stockpile
39 Scruffs
42 Hebrew month
43 Yukon, for ex.
44 Corrodes
45 Swab the deck
46 Altar affirmative
48 — Jima

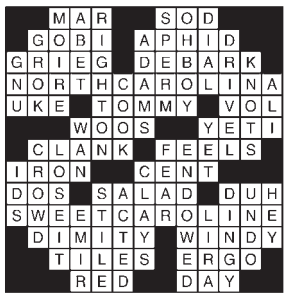
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6		2			8
	1		9		4		3	
		4				6		
		3	2		6	8		
7								2
		9	8		1	7		
		6				2		
	7		4		5		8	
2			1		3			4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

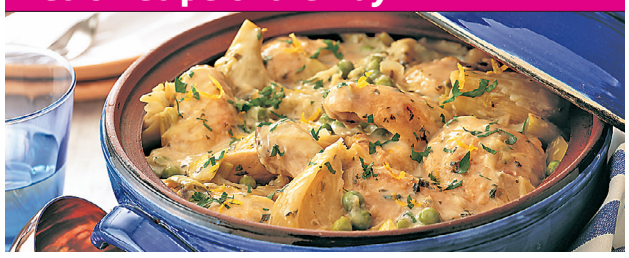


9	6	8	4	3	7	5	2	1
7	2	5	9	8	1	3	4	6
4	1	3	2	5	6	7	8	9
1	3	6	5	7	4	2	9	8
5	4	9	8	6	2	1	7	3
2	8	7	1	9	3	4	6	5
6	7	1	3	2	8	9	5	4
8	9	4	7	1	5	6	3	2
3	5	2	6	4	9	8	1	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Marsala Chicken with Fennel

INGREDIENTS:
1 chicken, about 3 lbs (1.35 kg), cut into pieces
2 tbsp (25 ml) all-purpose flour
2 tbsp (25 ml) olive oil
1 large leek, chopped
1 tbsp (15 ml) chopped parsley
1 tsp (5 ml) fennel seeds
6 tablespoons (90 ml) Marsala wine
2 cups (500 ml) chicken stock
2 medium fennel bulbs, trimmed and cut into chunks
2 cups (500 ml) shelled fresh or frozen peas
Fresh juice of 1 lemon
1 large egg, lightly beaten
Salt and black pepper
Chopped parsley
Lemon zest shreds

METHOD:
1. Remove skin from chicken pieces. Season flour with salt and pepper to taste. Dust flour over chicken.
2. Heat 1 tbsp (15 ml) oil in a large frying pan over medium heat. Add leek, parsley, and fennel seeds and sauté 5 minutes until leek is soft, stirring frequently. Remove from pan; set aside.
3. Heat remaining 1 tbsp (15 ml) oil in frying pan. Add chicken and sauté until just golden, 6 to 7 minutes. Remove chicken and set aside. Pour in Marsala and boil until reduced to about 2 tbsp (25 ml) of glaze. Pour in stock, and return leek mixture and dark meat chicken pieces and wings to the pan. Add fennel. Cover and simmer over low heat 10 to 15 minutes. Add chicken breasts and simmer, covered, 15 minutes or until all chicken pieces are tender and juices run clear when thickest part is pierced. Add peas for last 5 minutes of cooking.
4. Transfer chicken pieces and vegetables to serving bowl; keep warm.
5. In small bowl, mix lemon juice into egg. Slowly add 4 tbsp (60 mL) hot cooking liquid to lemon and egg mixture, stirring. Slowly stir back into liquid in frying pan. Return chicken and vegetables to pan and warm through, on very low heat so sauce does not curdle. Season to taste and garnish with parsley and shreds of lemon zest.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Preferring one person over another leads to tears. You'll hear about scandalous behaviour. You'll get practical help.

TAURUS
APRIL 21-MAY 21
A villain's laughter is unsuitable. You'll see that someone is very wrong. A split decision causes an upset.

GEMINI
MAY 22-JUNE 21
The cost of an agreement is too high. A dreadful drama is created by human nature. Take care with a troublemaker.

CANCER
JUNE 22-JULY 22
Don't talk about any secret sorrows. Your respect for a badmannered person is startling. Friends will fail to make contact.

LEO
JULY 23-AUG 23
Someone can read your mind. A mystical event won't be acceptable. A complainer forces you to make a decision.

VIRGO
AUG 24-SEPT 22
A flippant female insists on going her own way. An uncertain person will cause conflict. Don't expect a problem to come out in the open.

LIBRA
SEPT 23-OCT 23
You can't change an offender's ways. A compromise has you grasping for faster results. Focus on a clever person's information.

SCORPIO
OCT 24-NOV 22
Someone isn't being clear about self-indulgent lies. Stop reproaching yourself for a bad experience. It's impossible to refuse an admired friend.

SAGITTARIUS
NOV 23-DEC 21
A wrongdoer reaches the breaking point. A reckless guy takes a playmate away. Speak gallantly in a pointless debate.

CAPRICORN
DEC 22-JAN 20
Don't get caught having second thoughts. Benevolence will inspire agreement. Heed the warnings of a common theory.

AQUARIUS
JAN 21-FEB 18
A call can make a difference. Make the first move with a shy person. Relax by avoiding a hopeless problem.

PISCES
FEB 19-MARCH 20
Being in charge will cause indifference. Try harder to please yourself. Someone's amusement causes distress.

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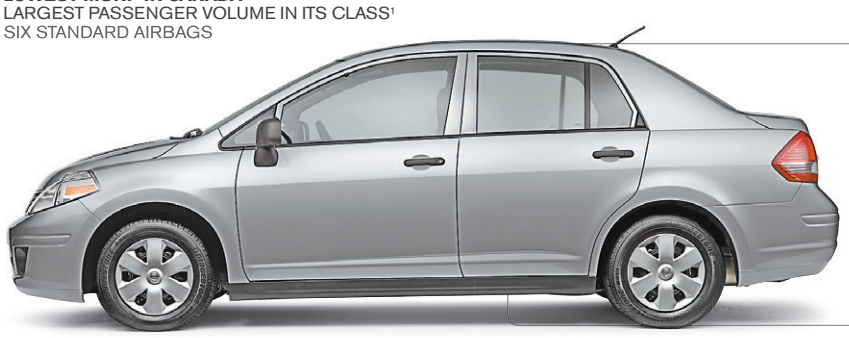

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HWY: 5.8L/100KM (49 MPG)▲

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[1]Only on the 2009 Versa Sedan 1.6 (B4EG59 AA00), 2009 Versa Hatch 1.8 S (B5LG59 AA00), and 2009 Sentra 2.0 (C4LG59 AA00) models. **MSRP for a 2009 Versa Sedan 1.6 (B4EG59 AA00), manual transmission/ 2009 Versa Hatch 1.8 S (B5LG59 AA00), manual transmission/ 2009 Sentra 2.0 (C4LG59 AA00), manual transmission. ¥Lowest MSRP of any new 2009 Car sold in Canada. $13,823 MSRP for a 2009 Versa Sedan 1.6 S (B4EG59 AA00). Includes freight and PDE charges ($1,325). License, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. †Program applies only to purchase finance offers on all 2009 Nissan models (except for the 2009 Nissan GT-R, 350Z and 370Z models) purchased and delivered before March 31st, 2009. Offers available only through Nissan Canada Finance on approved credit. Offer does not apply to Nissan Canada Finance standard rate programs. Delayed payment option not available on cash purchase offers. 1st monthly payment occurs at 90 days into finance contract. Contracts will be extended accordingly. Interest charge (if any) will not accrue during the first 60 days of the contract. After the 60 days, interest (if any) starts to accrue and the purchaser will repay the principal and interest (if any) monthly over the term of the contract. Offer available on terms up to 72 months. ††0% purchase financing for up to 36 months available only on all 2009 Versa Hatch, Sentra, Altima Sedan, Rogue and Titan models. Finance Example for a 2009 Versa Hatch 1.8 S (B5LG59 AA00): $15,323 Selling Price, including ($1,325) freight and PDE financed at 0% APR for 36 months equals $286.75 per month with $5,000 down payment. Cost of borrowing is $0 for a total obligation of $15,323. Up to $84 PPSA, license, insurance registration and taxes are extra. ‡Lease Examples: $13,823/ $15,323/ $15,573 Selling Price for a new 2009 Versa Sedan 1.6 (B4EG59 AA00)/ 2009 Versa Hatchback 1.8 S (B5LG59 AA00)/ 2009 Sentra 2.0 (C4LG59 AA00) at 5.9%/ 2.9%/ 3.9% lease rate for a 60/60/60 month term. Monthly payment is $189/ $189/ $189 including (1,325)/ ($1,325)/ ($1,325) freight and PDE with $950/ $895/ $1,050 down payment, and $0/ $0/ $0 security deposit. License, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may lease for less. Lease based on a maximum of 24,000 km per year with excess charged at $0.10/km. Total lease obligation is $12,314/ $12,216.31/ $12,392.74. Lease and finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Retailer order/ trade may be necessary. Vehicles may require factory order. Offers valid between March 3rd to March 31st, 2009. ■Offer applies only to 2009 Versa Hatchback models on 36 to 60 month lease terms. Offer valid between March 3rd to March 31st, 2009. ▲Based on Transport Canada approved test methods. Your actual fuel consumption may vary with driving conditions - use for comparison only. ▲▲$18,223 Selling Price for a 2009 Versa Hatch 1.8 SL (B5RG59 AA00/AA10), manual transmission/ $23,923 Selling Price for a 2009 Sentra 2.0 SL (C4TG19 AA00), CVT transmission. Includes freight and PDE charges ($1,325)/ ($1,325). License, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice cannot be combined with any other offers. Retailer may sell for less. [1]WardsAuto.com's Lower Small segment, 2008. 2009 Versa 1.8 vs. 2008 competitors. [2]©2008 AutoPacific, Inc. Ideal Vehicle Award. [3]Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). U.S. model tested with standard side airbags.